

# MAXIM

SOUTH AFRICA

AUGUST 2015

*Courtney Cousins*

CAPE TOWN BEAUTY WHO'S KILLING IT IN HOLLYWOOD

## FASHION

BEST WAYS TO WEAR DENIM

+

BOARDROOM OWNING WITH THE FINEST SUITS

+

HOTTEST BRANDS AND ACCESSORIES

BREAKING THE BANK  
**THE MOST EXPENSIVE**  
EVERYTHING

**EUPHONIK**  
SA'S MOST  
SUCCESSFUL DJ  
BALLIN' TO THE MAX

## FREEDOM vs STRUCTURE

WHY DIDN'T SA MAKE IT TO THE SUPER RUGBY PLAYOFFS?

## GET YOUR 6-PACK

8 WEEK FAIL-SAFE PROGRAMME  
TO GETTING SHREDDED

## TOM CRUISE

MISSION IMPOSSIBLE ROGUE NATIONS' MEGA STAR

MAXIMMAG.CO.ZA R39.90



9 772308 867005



# Galaxy S6 | S6 edge

## NEXT IS NOW

### Introducing the new Galaxy S6 range.

We've looked ahead to what's next and made it happen now. Designed almost completely out of custom-made Gorilla® glass, the Galaxy S6 range pushes the limits of design and redefines beauty. Only 10 minutes of charging now gives you 4 hours of battery power. And with immediate Auto-Focus, the Galaxy S6 and S6 Edge offer cameras that are more responsive than anything you've ever experienced.

Samsung - A way of life.



**SAMSUNG**

TOM CRUISE

# MISSION: IMPOSSIBLE

## ROGUE NATION

SKYDANCE  
PRODUCTIONS



电影频道



© 2015 PARAMOUNT PICTURES  
AND SONY PICTURES  
ENTERTAINMENT INC.  
IMAX® IS A REGISTERED TRADEMARK  
OF IMAX CORPORATION.



UIP.co.za

[f/UIPSouthAfrica](#)

#MissionImpossible

[@UIPSA](#)

[YouTube/UIPSouthAfrica](#)

IN THEATRES AND **IMAX**<sup>®</sup>  
7 AUGUST 2015



DESPERATE TIMES.  
DESPERATE MEASURES.





*Jonathan Boynton-Lee*  
TOP BILLING PRESENTER / TV PERSONALITY  
BIOGEN AMBASSADOR

 @jon\_boyntonlee

Looking your best is a lifestyle choice. Ongoing training combined with solid nutrition, a consistent diet and an unrelenting commitment are just some of the tools for success.

Well done to Biogen ambassador, Jonathan Boynton-Lee, for recently being voted as Cosmopolitan's sexiest man in SA.



www.biogen.co.za



@BiogenSA



BiogenSA

**BIOGEN**  
FOR THE RESULTS YOU WANT

ONLY EFFECTIVE WHEN  
COMBINED WITH  
 **HEALTHY DIET**  
 **EXERCISE/ TRAINING**  
RESULTS MAY VARY  
PER PERSON

# YOU'VE EARNED IT.

Reward yourself after every workout with a superior quality, high BV, isolated whey protein source to ensure your muscle enjoys the recovery & growth it deserves.



- High levels of EAAs and BCAAs
- Highly Digestable & Cold Filtered
- Supports Lean Muscle Mass
- Anti-Catabolic Amino Acids

- L-Glutamine
- 50 Servings Per Container
- Available in 2 Great Flavours:  
*Mixed Berry & Chocolate*

**WHEY ISOLATE PLUS: GREAT TASTING, FAST ABSORBING, HIGH BV PROTEIN**

proud  
partner of

**NO >>> EXCUSES**  
[www.noexcuses.co.za](http://www.noexcuses.co.za)



## CB143 CANTEEN BRACELET

---

Our new Canteen Bracelet collection steps up in a clean, fresh style. This model features a 2-tone brushed steel case with PVD rose gold plating and a sunray blue dial with chrono eyes.



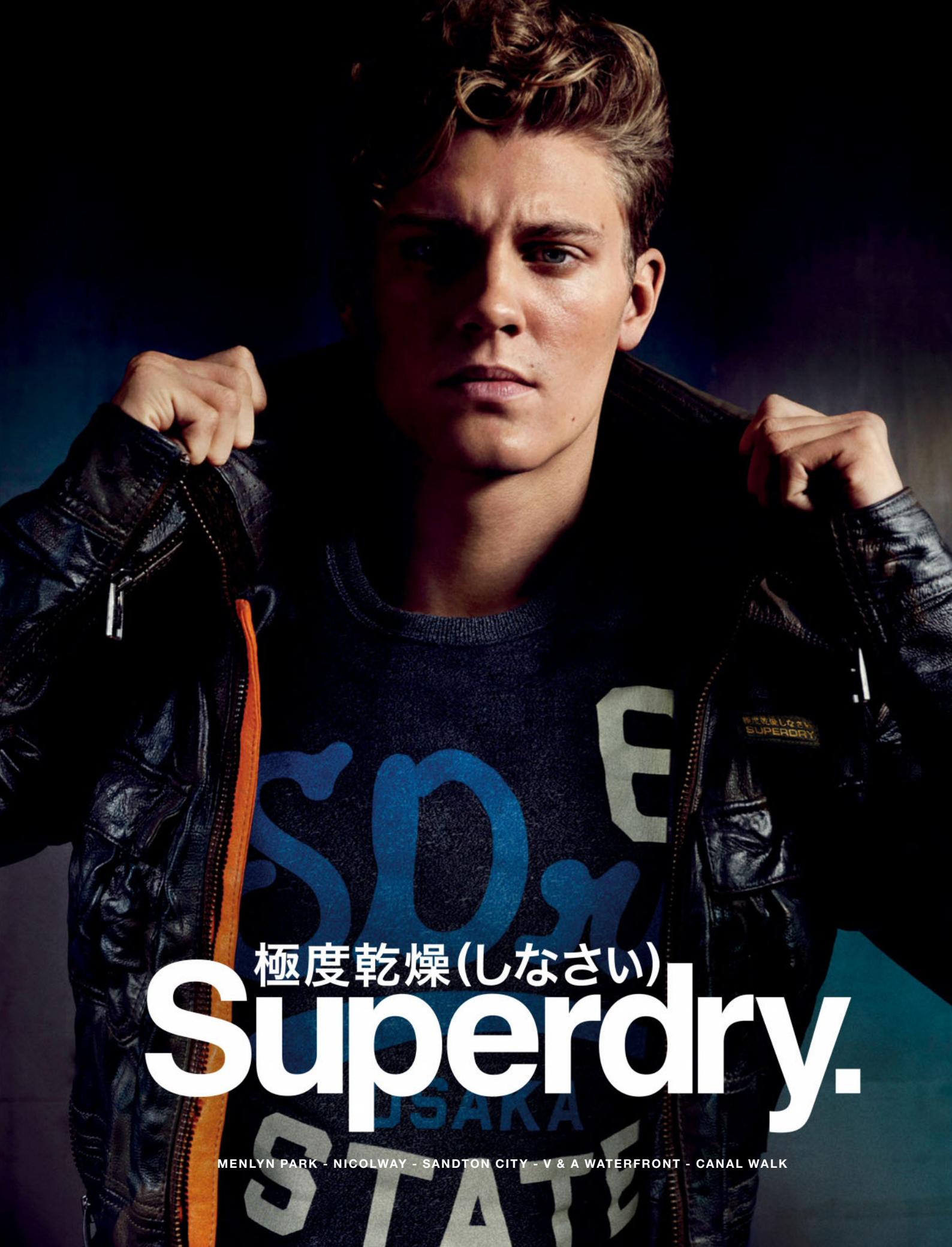
Luxco Importers | Tel 011 448 2210

 TW Steel Watches South Africa

**44** **FREEDOM VS. STRUCTURE** OUR SPORTS EXPERT WEIGHS IN ON RUGBY **48** **TONE UP** MAKE YOUR DREAM PHYSIQUE A REALITY WITH THIS WORKOUT **54** **COURTNEY COUSINS** WHY THE CAPE TOWN-BORN MODEL LOVES CHEESY PICK-UP LINES **60** **GEAR** A BRILLIANT BRAAI, A SMARTPHONE-SHAMING POINT-AND-SHOOT, AND MORE **65** **GAMING** *GOD OF WAR*'S KRATOS IS BACK, AND ANGRIER THAN EVER **68** **TOM CRUISE** THE STORY BEHIND A HOLLYWOOD LEGEND **70** **FASHION** DENIM ON DENIM IS BACK, BUT IT NEVER LEFT **78** **MOST EXPENSIVE** A LIST OF THE MOST EXPENSIVE ITEMS OF THEIR KIND **90** **ANGULAR** KEY LOOKS TO DOMINATE THE CONCRETE JUNGLE **96** **BILLY EICHNER** LIVES A LITTLE BIT LONGER

On the Female Cover  
photography by Brian B Hayes

On the Male Cover  
photography by courtesy of  
Paramount Pictures UIP release



# 極度乾燥(しなさい) Superdry.

MENLYN PARK - NICOLWAY - SANDTON CITY - V & A WATERFRONT - CANAL WALK

**16** BALLIN' THE DEFINITION, FROM A TRUE SHOT CALLER **18** JONATHAN BOYNTON-LEE THE MODEL AND *TOP BILLING* PRESENTER MUSES ON THE MEMORIES WHISKY BRINGS **20** IT GIRL BUSINESSWOMAN LORINDA VOGES ON CREATING STARS, AND CLEANING UP THEIR MESS **22** RAISING THE BAR THE STRANGE ALLURE OF SOUR BEERS, AND THE WORLD'S BEST WATERING HOLES **26** NIGHTLIFE A GUIDE TO THE BEST NIGHTCLUBS IN THE WORLD **30** GROOMING WHEN IT COMES TO LOOKING GOOD, NEVER MISS A SPOT WITH THESE GROOMING ESSENTIALS **34** PERFECT FIT BELGIUM'S BEST-DRESSED MAN ON THE TAILORED SUIT **36** STYLE TURN IT UP WITH THE HOTTEST FASHION THIS SEASON **40** MOTORING THE SEQUEL TO PORSCHE'S GT3, LAMBORGHINI'S UNIQUE MARKETING STRATEGY, AND MORE

# WELDER®

SINCE 2075



**K24 - W3610**

**MOVEMENT: 2035 Miyota**  
**CASE: steel 316L IPL treatment**  
**GLASS: K1 mineral**  
**DIAMETER: 50 mm**  
**STRAP: Leather**

**R10 899.00**

**jptime**



011 883 8493 | [www.jptime.co.za](http://www.jptime.co.za) | [info@jpkruiger.co.za](mailto:info@jpkruiger.co.za)

# THE BALLIN' ISSUE

by DIRK STEENEKAMP

What or who is a “baller” anyway? Someone who hash tags NFG along with his Instagram post on a Friday morning, just because, well... he can? Perhaps it's the young entrepreneur who just dropped some bills on his first supercar? Could it perhaps have a more literal meaning - a person who plays a ball-orientated contact sport? To different people it would be classified differently, but to most, there's a common thread. Baller = someone who's achieved some form of success and greatness in their chosen field. Many would agree that few people in Tinsel Town ball harder than Tom Cruise, from his role in the incredibly popular *Mission Impossible* franchise, to being *The Last Samurai*, he's had an incredible career spanning nearly 3 decades, turn to page 68 for a recap of his greatest moments. Our very own Cape Town-born beauty Courtney Cousins finds herself ballin' in LA these days, starring in reality shows and breaking hearts down Rodeo Drive, and when you look at page 54 it's completely understandable that directors just can't get enough of her. We've also compiled a list of the craziest things money can buy from page 78, this will certainly answer the question of whether you are straight-up ballin' or are the cat spending 280k-on-a-haircut-kinda-ballin', if that's you, then we've found you a pair of jeans for 16 million rand as well.

We also have everything new and “hip” in the circles of the fashion world, and we take a closer look at the Lamborghini Aventador SV alongside the Porsche GT3 RS, both make a pretty serious bedroom wall poster.

Enjoy this issue and living #ThisMaximLife



AUSTRALIA  
Santi Pintado  
[maxim.com.au](http://maxim.com.au)

AUSTRIA  
Boris Etter  
[maxim-magazin.com](http://maxim-magazin.com)

UNITED STATES  
Kate Lanphear  
[maxim.com](http://maxim.com)

CZECH REPUBLIC  
Jan Stépánek  
[maxim.cz](http://maxim.cz)

GERMANY  
Boris Etter  
[maxim-magazin.com](http://maxim-magazin.com)

INDIA  
Vivek Pareek  
[maximindia.in](http://maximindia.in)

INDONESIA  
Ronald Adrian Hutagalung  
[maximindonesia.co.in](http://maximindonesia.co.in)

ITALY  
Paolo Gelmi  
[maximitaly.com](http://maximitaly.com)

EDITOR-IN-CHIEF  
Dirk Steenekamp [dirk@maximmag.co.za](mailto:dirk@maximmag.co.za)

ASSOCIATE EDITOR  
Farai Makoni [farai@maximmag.co.za](mailto:farai@maximmag.co.za)

CREATIVE DIRECTOR  
Jodie Graves [jodie@maximmag.co.za](mailto:jodie@maximmag.co.za)

FASHION EDITOR  
Chantelle Miranda [chantelle@maximmag.co.za](mailto:chantelle@maximmag.co.za)

GROOMING EDITOR  
Greg Forbes [greg@maximmag.co.za](mailto:greg@maximmag.co.za)

GAMING & ENTERTAINMENT EDITOR  
Andre Coetzer [andre@maximmag.co.za](mailto:andre@maximmag.co.za)

TECH EDITOR  
Peter Wolff [peter@maximmag.co.za](mailto:peter@maximmag.co.za)

FOOD EDITOR  
Andene Thomson [andene@maximmag.co.za](mailto:andene@maximmag.co.za)

FITNESS EDITOR  
Manuela Gabriella Incendiario [manuela@maximmag.co.za](mailto:manuela@maximmag.co.za)

ILLUSTRATIONS  
Toon53 Productions [toon53@maximmag.co.za](mailto:toon53@maximmag.co.za)

MOTORING EDITOR  
John Page [john@maximmag.co.za](mailto:john@maximmag.co.za)

MOTORCYCLE EDITOR  
Darren Fresco [darren@maximmag.co.za](mailto:darren@maximmag.co.za)

SPORTS EDITOR  
Brandon Going [brandon@maximmag.co.za](mailto:brandon@maximmag.co.za)

SENIOR PHOTO EDITOR  
Luba V Nel [luba@maximmag.co.za](mailto:luba@maximmag.co.za)

ADVERTISING SALES  
Chris Hirson [chris@maximmag.co.za](mailto:chris@maximmag.co.za)

OFFICE MANAGER  
Monika Human [monika@maximmag.co.za](mailto:monika@maximmag.co.za)

PHONE: +27 11 463-3546

MAIL: PO Box 71450, Bryanston, Johannesburg, South Africa, 2021  
ADDRESS: 33 Ballyclare Drive, Ballywoods Office Park, Rosewood House, 1st Floor

EMAIL: [info@maximmag.co.za](mailto:info@maximmag.co.za) WEB: [www.maximmag.co.za](http://www.maximmag.co.za)

FACEBOOK: [www.facebook.com/Maxim South Africa](http://www.facebook.com/Maxim South Africa)

TWITTER: [@maximmagsa](http://@maximmagsa) INSTAGRAM: [maximmagsa](http://maximmagsa)

MAXIM South Africa is published by Untapped World Publishing Pty Ltd in South Africa for South Africa. Material in this publication, including text and images, is protected by copyright. It may not be copied, reproduced, republished, posted, broadcast, or transmitted in any way without written consent of Untapped World Publishing. The views and opinions expressed in MAXIM South Africa by the contributors may not represent the views of the publishers. Untapped World Publishing accepts no responsibility for any loss that may be suffered by any person who relies totally or partially upon any information, description, or pictures contained herein. Untapped World Publishing is not liable for any mistake, misprint, or typographic errors. All prices shown are in ZAR. Any submissions to MAXIM South Africa become the property of Untapped World Publishing. © 2015 Maxim Inc. The name "MAXIM" and the MAXIM logo are registered trademarks of Maxim Media Inc., and used under license by (publisher). All rights reserved. The United States edition of Maxim is published monthly by Maxim Inc. 415 Madison Avenue, New York, NY 10017. For international publishing or licensing inquiries: [maximworld@maxim.com](mailto:maximworld@maxim.com).

CHAIRMAN AND CEO, BIGLARI HOLDINGS INC.: Mr. Sardar Biglari

MAXIM INC. WORLDWIDE BRAND LICENSING:

VICE PRESIDENT, INTERNATIONAL LICENSING: Jill Tully

VICE PRESIDENT, INTERNATIONAL SALES & BUSINESS DEVELOPMENT: Stephen Barr

INTERNATIONAL LICENSING PUBLISHING MANAGER, MAXIM INC.: Stephanie Marino

SENIOR PARALEGAL & RIGHTS MANAGER: Catherine Baxter

## MEDIA NETWORK EDITORS-IN-CHIEF

RUSSIA  
Sasha Malenkov  
[maximonline.ru](http://maximonline.ru)

SOUTH AFRICA  
Dirk Steenekamp  
[maximmag.co.za](http://maximmag.co.za)

SOUTH KOREA  
Young-Bee Lee  
[maximkorea.net](http://maximkorea.net)

SWITZERLAND  
Boris Etter  
[maxim-magazin.com](http://maxim-magazin.com)

THAILAND  
Sirote Petchjamroansuk  
[maxim.in.th](http://maxim.in.th)

UKRAINE  
Sasha Malenkov  
[maximonline.com.ua](http://maximonline.com.ua)

MEXICO  
Gabriel Guajardo  
[maximmexico.com](http://maximmexico.com)

*Façonnable*







N

I

L

L

A

B

"BALLIN'," as far as I've understood, is how others describe you, "Yo, dawg! Euphonik is ballin'!" But what I've never understood is how people reach that conclusion about a person. By definition, a "baller" is someone who is rich and lives an opulent lifestyle. So, it makes me wonder... what makes a *true* baller? Is it the clothes you wear, the car you drive, the house you live in, or the size of your bank account? Can you consider Tim, who works at the JSE stock exchange, a baller, or does it apply only to sports stars, musicians, and DJs? In my opinion, baller should be used to describe a person living a certain lifestyle. Ballin' should be effortless, don't try too hard, because a real baller doesn't even know he's ballin' when he's ballin'. Don't ever mention how much money you have, because people should already understand how rich/wealthy you are, and if they assume that you are, and you aren't, don't correct them. Ballers are always well put together, be it in a bespoke suit, or tracksuit, they always look good. They say respect is earned and not given, but true ballers have it handed to them on a silver platter, and they live up to it. True ballers never name-drop, they leave that to their goons. You can't consider yourself a baller, and not have a car that is the envy of the town, or a crib in an exclusive area. Being a baller, or trying to be one, is a lot of pressure, especially when you are trying to impress others. There is, however, a thin line between being a baller and being successful. Success does not necessarily mean popping bottles in the club every weekend. Success is when you are at the top of your industry, and work at it every single day.

---

by **EUPHONIK**



SCOTCH & SODA

AMSTERDAM COUTURE

CONTACT OUR STORES:

SANDTON CITY | 011 784 3233

V&A WATERFRONT | 021 418 1725

# THE FINAL FAREWELL

JONATHAN BOYNTON-LEE ON HOW  
ALCOHOL IS NOT ABOUT THE TASTE,  
BUT THE MEMORIES IT CREATES, LIKE A  
WHISKY SHARED WITH A GOOD FRIEND,  
JUST BEFORE HIS DEATH.

I'M NOT MUCH OF A DRINKER at all. I think I drank enough in my college days to last a lifetime, and I have spent the better part of my 20s and 30s detoxing. However, looking back, my "favourite drinks" have always been more about the moments shared with special people, than what I was actually drinking. One of the most memorable moments was definitely with Simba, the last weekend before he died. We were all away at Hartbeespoort Dam, having sundowners down by the water. Laughing, singing, dancing, being kids like we always were. I can't remember what whisky we were drinking, but we always drank whisky together. The sun set, and we made our way back to the house. Our friends had gone ahead, and Simba and I stayed behind like the two naughty school-kids at the back of the bus. So much had been made about our bromance, so we decided to have some fun with it. I grabbed my phone, and we made a little "bromantic" movie trailer while the sun was setting. He'd film me, and I'd film him doing the craziest things. We had never laughed so much in our lives, rolling on the ground like kids. That night, we all went out to this dodgy, little bush pub, where we all danced the night away. I remember our last whisky that night. We were in the middle of our infamous Running Man dance routine, having endeared ourselves to the locals, taking over the entire dance floor. We clinked our glasses together. I told him he was my brother, and I loved him. That would be the last time that I saw him. Four days later, he was gone. I'm so thankful that we spent his last weekend together, surrounded by friends and so much love. That last whisky we had together, his final farewell, will always be my favourite drink.

# BAD BOY®

## CLASSIC TIMEPIECES



100M Water Resistant • Dual Analog & Digital Time Display • Chronograph • Countdown Sports Timer

24hr Stopwatch • Alarm • Hourly Chime • Day & Date display • 2nd Time Zone • Backlight

12 Month Straight Swap Warranty • MODEL BB5155 Price: R699

AVAILABLE FROM:

TRUWORTHS

Edgars

BUY ONLINE WITH FREE DELIVERY AT [www.surfhq.co.za](http://www.surfhq.co.za)

see the full collection at

[www.badboywatches.co.za](http://www.badboywatches.co.za)

#BADBOYSOUTHAFRI



© 2015. BAD BOY BRANDS. ALL RIGHTS RESERVED.

Join our FB Group  
BAD BOY MMA South Africa





IT GIRL

# LORINDA VOGES

THE SMALL-TOWN GIRL IS  
REALISING HER BIG-CITY  
DREAMS WITH HER COMPANY,  
4ELEMENTSMEDIA, WHICH  
MANAGES THE CAREERS OF  
SOUTH AFRICA'S A-LISTERS.

WHAT GOT YOU INTO THE BUSINESS OF BRAND AWARENESS? I always wanted to do some sort of marketing, and even started a magazine when I was in primary school. But after working for 4 years at Fashion TV as their national brand manager, building relationships with both the media and the celebrity industry, I decided to start my own company. WHAT ARE SOME OF THE BIGGEST MISTAKES NEWCOMERS MAKE WHEN TRYING TO MAKE A NAME FOR THEMSELVES, BRANDING THEMSELVES? They think that fame comes naturally, without working hard in the industry they are in. They also think that "fame" gives them some level of entitlement. If you want to remain "famous," the most important aspect you have to remember is to show respect to the people that help you get to where you are, and you have to work incredibly hard. No one really owes you anything, except yourself. HAVE YOU EVER HAD TO CLEAN UP A BIG PR MESS? Yes, I have... more than once. WHAT'S YOUR FAVOURITE PLACE IN THE WORLD? I do not travel that much for 4Elementsmedia. However, my trip to Dubai, in April, stood out. Personally, so far, my trip to Cambodia was the highlight of my life. IS TAKING YOUR COMPANY OVERSEAS IN THE PIPELINES? Not at this point, but I do want to have the same amount of clients in Johannesburg, and Cape Town. YOU'RE SUPER BUSY. IS THERE ANY TIME FOR ROMANCE? Yes, I met the man of my dreams recently, Gianmarco, and I will always make time for us and our friends. Balance is very important to me. WHAT TURNS YOU ON IN A MAN? Success, strength, and a sense of humour. The way he makes me smile by just looking at me. But mostly, respect, honesty, and trust. WHAT ARE YOUR PLANS FOR THE REST OF 2015? To end the year magnificently for 4Elementsmedia, and then go to Thailand, New York, and Canada in December with my man.

# A HISTORY OF MODERN.

# BULOVA

EST<sup>®</sup> 1875  NEW YORK



262 kHz

## UHF Ultra High Frequency

The exclusive technology inside each Bulova UHF timepiece vibrates at a frequency of 262 kHz for unparalleled accuracy and features a signature sweeping second hand.

**BULOVA.COM**

STYLE: 98B228  
R13999,00

# IS YOUR PALATE MAN ENOUGH FOR SOUR BEER, THE LATEST OBSESSION OF BEER GEEKS?



BALLIN'

Six years ago, Patrick Donagher put sour beers from legendary Belgian brewery Cantillon on tap at his bar, the Jeffrey. "I had five of the best sour beers on the planet," he says, "And nobody fucking drank them." No wonder, "sour" back then was what we called a Natty Light lost in the back of the fridge; super-hoppy IPAs were the beer geeks' obsession. But now they've discovered the advanced complexity of sour, an ancient brewing style utilising little-known yeasts. "Everyone's going crazy for them," Donagher says. Rookies should start with the deep-red Rodenbach Grand Cru, which balances tartness with malt and fruit, and then graduate to the barely sweet Cuvée des Jacobins Rouge.

—Jason Feifer

## COCKTAIL WITH KICK

### THE CAJUN GIMLET

Bartender Chris Hannah recommends jazzing up the classic vodka gimlet with Tabasco, and cracked pepper for a spicy winter upgrade. This

refreshing, cocktail is easy to prepare, and ideal for your next braai, or dinner party, where its boozy heat complements the cool climate.

**INGREDIENTS**  
55g Stoli vodka  
25g lime cordial  
2 to 3 dashes  
Tabasco  
Lime wheel, and  
fresh cracked  
pepper

**DIRECTIONS**  
Shake all of the ingredients in a cocktail shaker with ice, and strain them into a chilled cocktail glass. Grind fresh cracked pepper on top, and garnish with lime wheel.





Tramp stamps gone  
wild in Sin City



# MAX

## BAD INK

STARTS 11 AUGUST

TUESDAY, WEDNESDAY AND THURSDAY AT 21:00

SONY MAX DStv CHANNEL 128



SonyMaxZa



@SonyMaxZa

[www.sonymax.co.za](http://www.sonymax.co.za)

© 2015 SET Networks Africa (UK) Ltd. All rights reserved.

DStv

Channel 128



DRINK HERE NOW

## RAISING THE BAR

### Long Island Bar

BROOKLYN, USA

Toby Cecchini is credited with inventing the cosmo, but we're more impressed by the lounge he co-owns. It's a perfect mid-century time capsule. But instead of roustabouts knocking back shots,

you'll find a stylish crowd of locals clamouring for reinvented standards, like the Long Island gimlet (with ginger), and the Trinidad old-fashioned (with boiled apple cider).

### Lounge Bohemia

LONDON, UK

Hidden between a

kebab shop and a newsstand in East London, the subterranean Lounge Bohemia features a quirky, Eastern-Europe-in-the-'60s aesthetic, and an even quirkier Czech owner. Reservations are made by calling his cell, and there is a no-suit policy, which

keeps rowdy banker types at bay. Try the Holy Smoke, a VSOP cognac with frankincense-and-myrrh smoke, served in a flask hidden in a Czech Bible.

### Good Times at Davey Wayne's

LOS ANGELES, USA

It may look like a

### CRAFT COCKTAIL

## THE BOURBON AND BRANDY

To liven up a bourbon cocktail, blend it with Armagnac brandy, which just might be the hottest craft spirit of the moment. Bar owner Brandon Ristaino describes his bourbon and brandy as a stronger French

twist on an old-fashioned. "This cocktail really satisfies after dinner, and just feels like a leather kiss, which is a good thing, trust me," Ristaino says. Pucker up.

**INGREDIENTS**  
30ml bourbon  
15ml Armagnac  
2 dashes sherry  
Bitters  
Orange twist

**DIRECTIONS**  
Pour the liquids into the mixing glass. Stir them with ice for 30 seconds, then strain them into a chilled cocktail glass. For a decadent finishing touch, flame the orange peel, and place it into the cocktail. Start sipping.



garage sale on a quiet street, but look closer. It's actually the facade of Los Angeles' favourite new speakeasy. Visitors enter through the fridge door, finding themselves back in their parents' basement circa 1977. Cat Stevens and Peter Frampton album covers line the panelled walls, shag rugs cover the floor, and vintage pinball machines are scattered around. The drinks are kitschy classics.

### Fuglen

OSLO, NORWAY

This coffee shop has been around since 1963, but it only recently became the city's coolest cafe. During the day, baristas serve the finest coffees, while after hours, the place turns into a chic lounge offering artisanal cocktails.

Artist Takashi Murakami was so impressed when he visited the Tokyo location, he recently collaborated with the owners on his own bar/coffee shop in Tokyo's Bar Zingaro.

### Kitchener's Carvery Bar

JOHANNESBURG

The decor, with ornate, crusty carpeting, and paintings of cats and old people you've never heard of, gives you the warmth you get from being in your gran's house, only this time, she has a

penchant for alcohol, not tea. Stocked with the finest craft beers and good ol' green bottles, it's perfect for a winter sup in its comfortably small setting, with the occasional unknown band playing tunes in the background, as hipsters look on from the comfort of wing-back chairs.

**WARNING!**

- » Always ride carefully and observe the applicable road traffic regulations!
- » Always wear appropriate protective clothing and never ride without a helmet!
- » All illustrated riding scenes were performed without exception by professionals on closed roads!
- » MAKE NO ATTEMPT TO EMULATE THE RIDING SCENES SHOWN!

**READY TO RACE**» [www.ktm.com](http://www.ktm.com)

# ESCAPE THE AVERAGE AND DISCOVER THE EXTRAORDINARY



## IN A CLASS OF IT'S OWN

The new KTM 1290 SUPER ADVENTURE is built for those who demand more. Next generation electronics and the most powerful engine in its class make this bike the new benchmark for travel enduro motorcycles. With cutting-edge features such as WP semi-active suspension, the world's first LED cornering lights, Motorcycle Stability Control including offroad- and cornering ABS, cruise control and many more – it delivers unrivaled safety and exceptional comfort.

AVAILABLE IN SOUTH AFRICA FROM MAY 2015

**KTM**[facebook.ktm.com](https://facebook.ktm.com)



## NIGHTLIFE

## TURN IT UP WITH OUR GLOBETROTTER'S GUIDE TO THE BEST NIGHTCLUBS IN THE WORLD.

**Los Globos**

LOS ANGELES, USA

Every weekend, this compact, two-storey dance floor dive in Los Angeles draws a dedicated party crowd with its marathon DJ sets, including the occasional surprise performance from heavyweights like Skrillex, and Moby. In addition, Los Globos hosts live indie shows, from old-school R&B, to death metal, every night of the week. Get there early to beat the line.

city, and rigged with one of the most powerful sound systems on Earth, Berghain is where Berliners converge on weekends for more than 60 straight hours of EDM-fuelled weirdness. Not for the weak, there's a good chance you could step into an orgy when you visit the men's room (which also happens to be the ladies' room). The nonstop party runs from Friday night, until Monday afternoon.

**Berghain**

BERLIN, GERMANY

Housed in a former power plant in an industrial part of the

Brits know how to party, and XOYO is where they do it. The centre of the vibrant EDM scene, and a Mecca for "I'll sleep when I die" European ravers, this nightclub features 3-month residencies, with world-class DJs like dubstep guru Skream. But it's not all face-melting bass and laser shows. The venue also has an eclectic roster of performers, including Mos Def and A\$AP Rocky, who both recently made surprise appearances.

**XOYO**

LONDON, UK

For all their stuffy corner pubs and lukewarm ale, the

nightclub in Brooklyn is a standout. Since opening in late 2013, Baby's has become one of the city's best places to catch indie shows, especially hard-core breakouts like Fat White Family and Palma Violets, as well as hipster favourites like the Pizza Underground, Macaulay Culkin's bizarre, pizza-themed cover band. After the live act packs up, the dance party kicks off, and doesn't let up until 4 A.M.

**Baby's All Right**

BROOKLYN, USA

In a city filled with great music venues, this anything-goes

magnate André Saraiva brought Le Baron to Shanghai. Situated on the seventh floor of an office, and designed to evoke a seedy strip joint, Le Baron Shanghai only looks like a place to avoid. In fact, with the likes of Kanye and Cara Delevingne, it's clearly the place to be. And the fun is just starting. In May, it expanded to another floor designed like a swanky apartment for the ultimate after-party.

**Le Baron**

SHANGHAI, CHINA

After conquering the scenes in Paris, London, New York, and Tokyo, club

is mostly open during summer. The club's wooden terrace, fitted with an outdoor bar, a Ping-Pong table, and a fleet of lounge chairs, is prime real estate for a big night out amongst hot, Parisian hipster girls. On summer evenings, when house-music legends like Todd Edwards and Dirty Vegas man the decks, you'd be hard-pressed to find a better-looking dance floor.

**Shimmy Beach Club**

CAPE TOWN

They say some of the most world's beautiful women reside in Cape Town, and when you get to Shimmy Beach, a venue that looks like it's hosting a casting call for a Victoria's Secret advert, you realise that it's the absolute truth. The venue pops off during summer especially, with girls with good genes in tight jeans and crop tops, dancing to amazing music from the likes of South African greats like Goldfish.

– Adam Linehan

DStv

Channel 127

SONY CHANNEL



IT'S NOT HOW FAR THEY GO, BUT  
WHAT HAPPENS ALONG THE WAY!

THE AMAZING RACE  
SEASON 25  
STARTS 30 AUGUST AT 19:35

SONY CHANNEL - DStv 127



sonytvza



SonyTVZA

THE SUPERIOR SMOKE

AS PADRÓN CIGARS  
CELEBRATES ITS 50TH YEAR,  
STOGIE SCION **JORGE PADRÓN**  
REVEALS THE COMPANY'S  
SECRETS, ATTENTION TO  
DETAIL, SMALL SCALE, AND  
ENDURING FAMILY VALUES.

**"At 89, obviously my dad has slowed down, but HE STILL COMES IN EVERY DAY."**

The Padrón family, one of the preeminent clans in the cigar business, has an origin story as rich and complex as their finest smoke. It started in 1880, when the Padrón ancestors emigrated from the Canary Islands to Cuba, growing tobacco, then took a dramatic turn when the clan's patriarch, Jose Orlando, was forced to flee the Castro regime and start fresh in the United States. Fifty years later, his son, 47-year-old Jorge Padrón, is running the show, with the thoughtful guidance of his father and consigliere.

**My father left Cuba in '61.** At that time, the U.S. government had this programme to give all the Cubans coming in financial help, and the basic goods they needed. My father was eligible for that, and in his own words, he felt like a parasite taking that money. To go and get a R700 check each month really bothered him, so he refused. In Miami, in the early '60s, he realised there were a lot of Cubans coming in, and there wasn't a cigar of the quality he was used to smoking in Cuba, so he decided to start a cigar company. He started doing construction jobs in Miami in '62-'63, and with the money he earned, he started Padrón Cigars.

**My father encouraged us to work in the business,** and by "encouraged" I mean, "Either you do this, or you're going to be in big trouble." So it was a very easy decision for me. Spending holidays getting up at 6 A.M. is not great when your friends are going to the beach. But it helps form a certain mentality. It was good for us.

**Once I graduated,** I made the decision to come into the business, and I realised it had



grown significantly. The first 50 years have been an incredible roller-coaster ride for my dad. Me, not so much. I came in at a time when things were beginning to stabilise in Nicaragua, and I've certainly had a much more stable industry environment. But there was a lot more that could be done, and that's what led me to get into it.

**Being part of a family business** is a really great thing in a lot of ways. Myself, my brother, my sister, all my siblings work here. We have nephews, nieces, cousins, we have family that's been working with us in Nicaragua for 40 years. In some businesses, nepotism is frowned upon, but in ours, it's really encouraged.

**At 89, obviously my dad has slowed down.** But he still comes in every day. He's delegated a lot of the day-to-day responsibility to us, but he knows I'm always thinking about the long-term vision that he tried to instil in us.

**Titles don't mean anything** in a family business. Everybody who works in the company has to be on board with what we're

trying to do. But at the end of the day, there has to be one chief, and a lot of Indians. The important thing is to set the example, and make sure everyone falls in line, and when they don't, you have to let them know they're not doing what they're supposed to be doing.

**In the next 50 years,** we have to do what we've done in the first 50, focus on quality. Don't overreach with production. The consumers who trust our product know we're not going to mess around. They know we're going to do what we have to do to make sure the quality is there. If we have to reduce production, we're not afraid to do that. We've done it many times in the past.

**There are a lot of steps** in making great cigars. It all starts with seed selection, proper fertilisation, and soil analysis, careful attention to detail. Every step has to be perfect to make sure the final product is what you expect it to be. It takes a lot of organisation and skill from people working in different areas of the operation, and they need to know the company's philosophy, and to follow it through all the way.

**If the embargo is lifted,** while we would never abandon Nicaragua, we would absolutely return to Cuba. There's no question. I think if we have an opportunity to go back to our roots and establish some sort of presence there, that would be phenomenal. As for the competition, I think we compete right now with Cuban cigars. I say bring 'em on. — G. Clay Whittaker

## PUFF PALACE GRAND HAVANA ROOM

On the penthouse floor, you will find one of the last holdouts of a luxurious bygone era. At the Grand Havana Room, the elite can still enjoy a drink amongst smoke trails, admiring their domain below

through 360-degree views, in rooms filled with leather sofas and comfy chairs. Members include Laurence Fishburne, Alec Baldwin, Rudy Giuliani, and dozens of the world's top

power players. As a result, the waiting list is extensive. Expect to wait a minimum of two years for a formal invite. — G.C.W.

GROOMING TIPS TO PREPARE FOR SPRING

## GIVE YOUR SCENT A KICK AND YOUR FACE A LIFT WITH THESE **ULTIMATE** MEN'S GROOMING PRODUCTS.



### 1. Issey Miyake Pour Homme Summer 2015

Issey Miyake's L'Eau d'Issey Pour Homme Summer 2015 celebrates the impending South African summer with a new limited edition that is fresh, fruity, woody, and unmistakably Issey. Opening with a blend of kiwi, grapefruit and coriander, it soon gives way to a heart note comprising pineapple and nutmeg, and base notes of vetiver and cypress.

Price: R995

Size: 100ml

Availability: RedSquare

### 2. Kiehl's Precision Lifting and Pore-Tightening Concentrate

Yes, sagging skin and enlarged pores are now also a man's nightmare. Becoming more and more of a concern is the loss of elasticity and facial definition, and the increased visibility of pores. Thankfully Kiehl's has launched the Precision Lifting and Pore-Tightening Concentrate, which uses highly-refined *Micro-Filtered Yeast Extract* plus *Geranium Essential Oil* to help improve facial skin's quality and definition, while also reducing the size and appearance of pores.

Price: R695

Size: 50ml

Availability: Edgars

### 3. Kouros Silver

The KOUROS series now brings us KOUROS SILVER, a fresh, intense and strong fragrance that bursts open once in contact with the skin, and lasts longer than most. Kouros Silver comprises of a surprisingly green apple accord that is combined with sensual woody ambers, and something of an overdose of sage. Perfect for the guy who thinks of himself as a Greek god.

Price: R1 090

Size: 100ml

Availability: RedSquare



#### 4. HG For Bros Milk and Honey Shaving Oil

Developed right here in South Africa, HG for Bros brings us the Milk and Honey Shaving Oil. The combination of milk and honey eliminates razor burn by conditioning the hairs pre-shave to soften facial hair whilst moisturising the skin during the shaving process. In addition, the oil protects the skin from the closest of shaves, without clogging pores, and the Aloe Gel soothes the skin.

Price: R185

Size: 250ml

Availability: [hey-gorgeous.co.za](http://hey-gorgeous.co.za)

#### 5. L'Oréal Paris Men Expert Pure Power

##### Anti-bacterial Scrub and Moisturiser

Perfect for men prone to getting breakouts, the new L'Oréal Paris Men Expert Pure Power Anti-bacterial Scrub and Moisturiser is designed to help fight the 5 signs of male problem skin. Spots, blackheads, oily skin, roughness, and marks are eliminated through the range's use of super-purifying charcoal, anti-bacterial salicylic acid and refreshing menthol.

##### Scrub

Price: R90

Size: 150ml

Availability: Clicks

##### Moisturiser

Price: R120

Size: 50ml

#### 6. Africology Beard Balm

Using a proprietary blend of all-natural, proudly South African essential oils, infused with Shea butter, the Africology Beard Balm helps condition and soften your beard while taming split ends, and prevents itching caused by new growth and stray hairs. A must have for guys growing a fashionable hipster beard.

Price: R90

Size: 250ml

Availability: Africology Spas and Online Store

# HOW TO KEEP YOUR SKIN SOFT AND YOUR FACE LOOKING YEARS YOUNGER.

To moisturise or not to moisturise? Well, there is no question that you should be moisturising – after all, we live in South Africa, and the climate can cause havoc on your skin, so you need to replenish the lost moisture.

## So, what is a moisturiser?

Simply put, a moisturiser is a mixture of chemical agents, either naturally occurring or laboratory-created, that have been formulated to assist the external layer of skin in retaining moisture, repairing or preventing damage, and providing the skin with additional nutrients and minerals to increase the overall visible health of your skin.

## Why moisturise at all?

Moisturising should be part of your daily grooming routine. Why? Because your skin is constantly being exposed to a number of elements that increase the rate of visible ageing.

## When should I start using moisturiser?

Start as soon as possible, but especially in your teen years, and keep on using moisturisers. It is also never too late to start. The sooner you get started, the sooner you will be able to keep premature ageing at bay. Be aware though that, like the rest of your body, your skin changes as you grow older, so the moisturiser used during your teens may not be appropriate for you in your thirties and sixties. If you are a particularly active person, and you enjoy spending time outdoors, then you must replenish the skin's moisture lost when in the sun and after rigorous activity.

## Are all moisturisers the same?

The short answer is no. Almost all moisturisers start at the same place – with the objective of replenishing the skin with moisture, but from there, they branch off into various specialities, some focusing more on brightening the skin, others focusing on providing additional minerals to counteract fine lines and wrinkles, while others include agents to control oil production. These are just some of the options, but there are hundreds more.

## Where should I be moisturising?

Practically, almost everywhere – I would suggest that you leave the sensitive areas alone. Your face, neck, ears and hands are generally the areas that are the most exposed to the elements, and will age a lot faster, so as a bare minimum, these are the areas that require constant moisturising. Throughout the day, the rest of your body will also lose moisture, so it's best to apply a full-body moisturiser two to three times a week. Also pay special attention to areas of the body that take a functional beating daily – such as your knees, elbows and feet.

## How should I apply moisturiser, and how much?

In terms of the amount, you will know how much you should be using after a few tries. The face does not need too much moisturiser, but the neck, especially post-shave, needs a little more – and remember to apply to both the front and back of the neck, as well as the ear areas. As a general rule, apply a moisturiser in an upward direction. Gravity doesn't need any more help in pulling your skin down.

## What's the difference between a day and a night cream?

Your skin is exposed to different elements during the day than to during the night – the most noticeable being UV exposure. A day cream is generally formulated to protect and replenish, while a night cream is formulated to replenish and repair the skin.

## Do all moisturisers have an SPF?

No, a moisturiser does not have an SPF (sun protection factor) by default. Some day moisturisers may include an SPF, but it is not a hard and fast rule. The most popular moisturisers are those that are easy to apply, and are light and penetrate the skin quickly, leaving no residue. An SPF is designed not to penetrate the skin, but to instead provide a barrier to harmful UV rays. You can always mix an SPF cream to your day moisturiser, or apply the SPF after, but always use an SPF every day, even when you are not planning on being in the sun.

## Can I use the same moisturiser on my face as I do on my body?

Well, using one moisturiser everywhere is better than not using one at all, but you should understand that the skin on your body is a lot thicker and tougher than the skin on your face. If you start using a body moisturiser on your face, it may be a little too oily and could lead to pimples or an oily appearance.

## What should I use around my eyes to prevent early onset wrinkles?

There are serums that have been formulated for the eye area, which are extremely light, and do not leave a residue. Choose the right eye serum for your condition – for instance you may suffer from puffiness, dark circles, dryness or wrinkles – there are serums designed specifically for every skin type and problem.

## What's with hand moisturisers?

Bro, just trust me on this one. I have yet to meet a girl that thinks dry, cracked, rough and old-looking hands are remotely attractive. Your hands touch and do a lot every day, so make sure that you are keeping your hands moisturised.

– Greg Forbes

### GUIDE TO

## PERFECT FACE MOISTURISER APPLICATION



Apply no more than a flat teaspoon

Apply using a gentle pressure and massage into the skin with small rotations

DO NOT  
Apply to the area directly around the eye (anything above the cheekbone) – this is a very sensitive area that needs a special-

formulation moisturiser. Stick to following the outline of the eye socket and don't apply within this area.

# BIOTONE® ENERGY TONIC

# IS BACK!



AVAILABLE AT DIS-CHEM,  
SELECTED CLICKS AND LEADING  
PHARMACIES NATIONWIDE.

Follow us on

 @BiotoneSA

 [www.facebook.com/BiotoneSA](http://www.facebook.com/BiotoneSA)  
[www.prolonglife.co.za](http://www.prolonglife.co.za)

## BIOTONE ENERGY TONIC IS BACK!

Biotone is a French energy tonic that contains a potent mix of Kola Nut extract, Phosphorus and Manganese without all the sugar.

The main ingredient in Biotone is Kola Nut which has been used for centuries to increase stamina. Because of its gradual release of energy over an 8 hour period you can drink Biotone to feel energised without the highs and lows.

Research and clinical trials conducted in France over the last 40 years have shown the following benefits with regular use of Biotone:

- Reduced fatigue and improved concentration and memory
- Increased energy and motivation
- Reduced muscular cramps and soreness
- Increased sexual desire in both men and women



# MAKE YOUR DAY!



THE PERFECT FIT

## BELGIUM'S BEST-DRESSED CROONER, STROMAE, ON THE IMPORTANCE OF BESPOKE.



Suit and shirt (both made to measure), tie, and shoes, Prada. Socks, Mosaert.

Belgian singer Stromae is almost as well known for his crisp looks and fashion-world cred as he is for his soulful electropop. Who better, then, to send to Prada's made-to-measure atelier for a custom fitting?

"I always have the same problem when I try to buy something straight off the rack. If I put on a medium, it's perfectly fitted in the torso, but the sleeves are too short. If it's a large, the sleeves are long enough, but it's too baggy."

So, made-to-measure suits are especially important for me, because I'm tall and so skinny. I have four or five custom suits, including one that's velvet, and a grey one I wear onstage. It's wool. I also have my own capsule collection, Mosaert, which is co-designed with my stylist, Coralie Barbier. It's a luxury. It's important for me to have a new way to express myself, like these Mosaert socks, paired with this Prada suit. I chose this suit, because I like the Prada

colour, it's classic, but more original than blue, black, or grey. Everyone should have a suit that's really well fitting. If a suit just doesn't fit, it looks ridiculous. It can purposely be too large or too small, if that's what you want, but it has to fit with your image and personal style. You should be able to wear exactly what you want to wear."

—As told to  
Gabriella Paiella

# FIT GIRLS GO HARDCORE



JENNA LIMERICK  
2x NABBA Miss Bikini SA

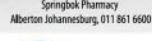
Distributed by:



Tel: +27 31 584 70 84  
Fax: +27 31 584 71 37  
Email: info@musclewarehouse.co.za  
www.musclewarehouse.co.za



Mopani Pharmacy  
Nelspruit 013 755 5500



Springbok Pharmacy  
Alberton Johannesburg, 011 861 6600



Umlhlanga, 031 5847517



Platinum Supplements  
Benoni & Centurion 074 1176361



Pure Elite Nutrition  
Alberton & Bassonia 082 4494584  
www.chromesa.co.za



CHROME  
SUPPLEMENTS & ACCESSORIES  
www.chromesa.co.za



Body Stock,  
Fourways Johannesburg 011 4693269

BORN IN THE GYM®



From sunglasses, to smartwatches and beyond, behold the hottest style pieces. Every item can be seen on either Ed Skrein, who plays Frank Martin, the suit-wearing killing machine formerly portrayed by Jason Statham, in the fashionable new shoot-'em-up, *The Transporter Refuelled*, or his lovely co-star, Tatiana Pajkovic. Get ready to turn it up with the top fashions, accessories, and brands.

This Page:  
**Brand Revival**  
**Coach**  
 The venerable purveyor of luxury leather goods is undergoing a serious resurgence under executive creative director Stuart Vevers, formerly of Bottega Veneta and Mulberry. Coach's handsome, glove-tanned duffel bag is a perfect signature satchel, boasting impressive hardware and refined handles that make it a first-class upgrade for any weekend getaway.

**Jewellery**  
**Scosha**  
 This brand handcrafts ruggedly chic rings, necklaces, and bracelets, two of which Ed wears here, for guys who want a little something extra. Scosha's standout pieces are as elegantly understated as they are unique.

Opposite Page:  
**Smartwatch**  
**Moto 360**  
 Skip that tired Apple Watch in favour of Motorola's better-looking Moto 360, a more aesthetically refined timepiece that offers three metal case finishes, and at least eight bands in a variety of leather and stainless steel.

**Sunglasses**  
**Garrett Leight California Optical**  
 Keep your eyes open for Garrett Leight California Optical shades, Tatiana is holding Ed's, which pair striking retro frames with high-

quality UV lenses. The eyewear outfit has been making lustworthy sunglasses since 2010.  
**Designer**  
**J.W. Anderson for Loewe**  
 Jonathan Anderson, the acclaimed British designer tapped by LVMH to become the creative director for Madrid-based luxury house Loewe, is reinvigorating the 169-year-old heritage brand with sleek, masculine looks like Ed's J.W. Anderson knit sweater, which provides an extra layer of cool.



OBJECTS OF DESIRE  
**ED SKREIN  
AND TATIANA  
PAJKOVIC**  
**OF THE  
TRANSPORTER  
REFUELLED**  
**HEAT UP THE  
HOTTEST  
BRANDS AND  
ACCESSORIES.**

BALLIN'





Need to prepare your wardrobe for summer? Look no further than luxury online men's shop Mr Porter, a limitless warehouse of styles, shoes, and accessories from top designers (everything from J.Crew, to Givenchy), where you can find a range of looks, from office-ready, to off duty.

Opposite Page:  
**Racing Watch**  
**Bremont**  
Get revved up for this fast-track collaboration. Jaguar teamed up with fellow British brand Bremont on the MKI racing watch, a stainless steel stunner inspired by the dashboard of Jag's iconic E-Type roadster. Bremont also makes special edition watches for Boeing, Chivas, and several British military heritage organisations.

**Cologne**  
**Byredo**  
The Stockholm-based fragrance house's Sunday Cologne will keep you smelling right, with an appealing mix of sweetness and edge. Byredo founder Ben Gorham knows the value of a good scent, as a former European pro basketball player, he's no stranger to working up a sweat.

**Retail Therapy**  
**COS**  
Snap up this snazzy knit at H&M's upscale sister, which has plans to expand throughout the world, specialising in chic, casual looks that are minimalistic, and celebrated on street-style blogs.

This Page:  
**Beach Wear**  
**Orlebar Brown**  
They'll never look as good as they do on Tatiana, but these tailored men's swim trunks are a great look for the beach, while Ed's geometric OB polo is ideal for lounging poolside. The always-flattering swimwear outfitter was launched in 2007 by photographer Adam Brown, so you know it's picture-perfect.

**Bags and Totes**  
**WANT Les Essentiels de la Vie**  
This backpack, from the brand co-founded by twins Dexter and Byron Peart, offers

plenty of collegiate style, even when you're not hitting the books. Its simple, elegant construction is a trademark of the design-savvy brothers, who have been making cases ever since they created a luxurious vessel for the original iPod. —Chris Wilson





## MOTORSPORT HAS INDEED IMPROVED THE BREED. IT TAKES A LOT TO OUTGROW A STANDARD PORSCHE GT3... HERE'S THE SEQUEL.

by John Page

TRADITIONAL METHODS have been called upon to make the latest Porsche GT3 RS fully deserving of all those explicit letters. For starters, no turbocharger, and on top of that, no attempt to smooth in the aerodynamics, which are blatant and fairly self-explanatory. They also inform other drivers that you know racing lines, and regularly check tyre pressures. Least of all, they are impossible to take your eyes off of. Couple those facets with a lighter body shell, and this is a car you buy for the sole purpose of going fast.

NO TURBOS is a revealing place to start, since Porsche has carved a motorsport legacy from making them howl at great speeds. Turbos will continue to have their place, even expanding into new models, but GT3 models are about muscular enormity, bulging from the confines of the rear end, to a 4.0-litre capacity, the largest engine of any 911. It's robust. It won't fatigue as you pulverise the track, and provoking that dizzying 9 000rpm redline has no equal.

OVER 300KGs of downforce, squashed across the front and rear wing systems. Only Porsche's bona fide racing cars produce a smidge more. Extra width stirs up hypnotising curves, functionally tucked around the thick tyres and four-wheel steering. There's grip, and then there's *this*.

7M20s is the official Nurburgring time, but it will need to go a full three-seconds quicker for it to be the fastest 911 ever. Damp track conditions at the time of the testing stack up as mitigating factors. Perspex windows and rear lights aside, ostensibly you could drive it more often than on that first Sunday of every month. But you can electronically lift the nose, which provides the slimmest margin of daylight between bumps and carbon. There is no manual version, which is fine, because swept up in the anarchy, you'd either miss them, or shift too early.

### Porsche GT3 RS

Engine: 4.0-litre 6 cylinder

Power and Torque: 368kW/460Nm

0-100km/h: 3.3 seconds

Price: R2 821 000

# LAMBORGHINI AVENTADOR SV

Lamborghini's marketing strategy doesn't waste time on television, or radio jingles. They risk reputation at the track. More specifically, the longest, most unforgiving tarmac in the world, filled with the uninitiated, and professionals... the Nurburgring. Lick and stick the GoPro, and strap in a driver with an incredible capacity to memorise each turn and marker. Then unleash the sinister Aventador Superveloce (Aventador SV) against the stopwatch, and let the internet do the rest. Superveloce, which means "superfast," is an apt description. Kitted out in wings and spoilers reminiscent of old Lamborghinis, the Aventador SV may look big-boned, but the carbon diet shaves 100 kilos. And carbon starvation is not limited to the outside, as a carbon-fibre skin covers parts of the cockpit, and only the person driving it escapes their weight reduction methods. Building V12s for as long as the world allows, the 6.5-litre beast gives the rear tyres a short lifespan, with 0-100km/h in under three seconds, and a top speed of 350km/h. What does that mean? One of two production cars to circle it in under 7 minutes, the other being the Porsche 918, which was only a few clicks down the road. A defiant moment for the back-to-basics V12, and a car worthy of any centrefold.

## Lamborghini Aventador SV

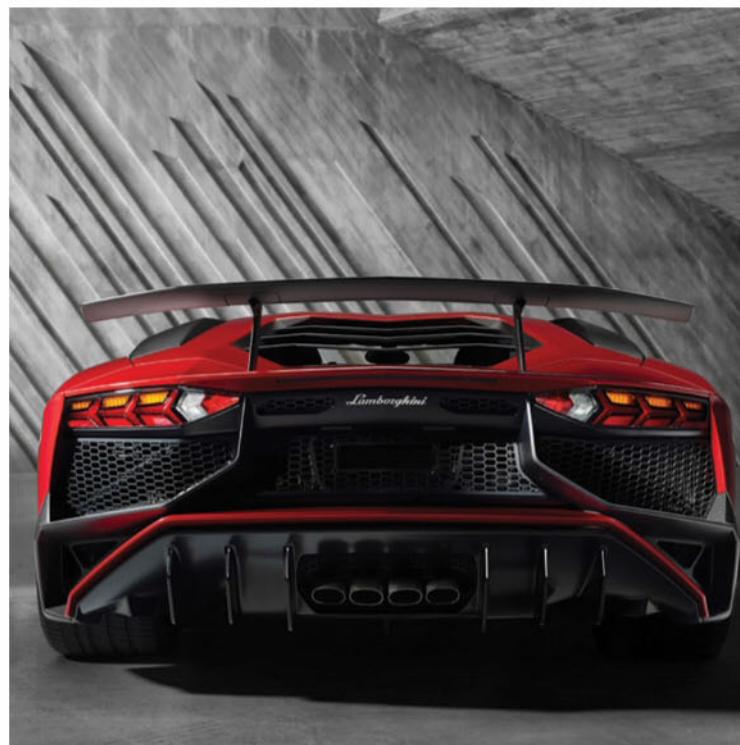
Engine: 6.5-litre V12

Power and Torque: 551kW/690Nm

0-100km/h: 2.6 seconds

Price: R8 million (estimation)

Buy It For: Twelve of the best



# AUDI RS7

The Rolls is cloned around a BMW 7 Series. The Bentley? Some closely synched Volkswagen parts. Devastating truths about those luxury brands you'd rather be ignorant of. Then arrives Audi's new S7. More a case of what you see is what you get, and what you get is everything but the champagne flutes and the butler. Little secret... the engine is the same as the minnow Bentley Flying Spur, and it's fast. This is from a company that gives guidelines to Lamborghini, and throws some tech gadgets in that direction. We're interested in the RS7, but you land 200kW just by starting off the range, and then some mythical, hypermiling distance from the diesel engine. A not-so-diesel thunder from the 412kW RS7, known to annihilate the M division, and almost everything else that enters the ring. Include Audi's R8 in those crosshairs. On the flip side is a shape you could ditch your TT for. A coupe in theory, the length makes it a somewhat long-distance business time portal. To nitpick, this latest one is not that new, but it works like a charm. The diesel is all the Audi you'll ever need, but the RS7 will haunt your alter ego.

## Audi RS7

Engine: 4.0-litre 8-cyl turbo

Power and Torque: 412kW/700Nm

0-100km/h: 3.9 seconds

Price: R1 596 000

Buy It For: 700Nm into grip



It doesn't matter how you pronounce it, the word that counts the most is the last one. Turbo. Invites to skidpans, drag strips, breakfast runs, and Internet forums. Hyundai drivers will soon start walking around with smartwatches in order to upload recent lap times, helped by a World Rally outfit that's leapt and drifted its way into some brow-raising results. Middling style has turned radical, slicing about twenty years off their image, and going full tilt with big pipes, bonnet curves, and hollow bumpers, subwoofer, too. Having missioned from factory upgrades, to an *Autostyle* shopping trolley, while avoiding the tackiness, it makes other hatches, named after a type of sport or wind pattern, seem utterly depressing. But something even more vexing than the engine is the car's bizarre door layout. You don't see it? "Just a regular two-door car," you say? The illusion of a coupe broken by a third door, not the boot, on the passenger side, and one door on the driver's side. It provides an unthinkable solution to the juxtaposition of design and practicality. More thought has gone into it. The rear door opens up onto the pavement, so you never accidentally wander into traffic. It's not going to win any awards for burnouts, but it's a truly off-the-wall choice that's not shy to park alongside the GTIs and STs, and pretend to be a part of the wolf pack.

## Hyundai Veloster Turbo

Engine: 1.6-litre 4-cyl turbo

Power and Torque: 150kW/265Nm

0-100km/h: 7.8 seconds

Price: R379 900

Buy It For: The doors will have you talking for hours

# HYUNDAI VELOSTER TURBO



# FREEDOM VS STRUCTURE

A SEASON, WHICH STARTED OFF WITH SO MUCH HOPE FROM EACH OF THE SOUTH AFRICAN SUPER RUGBY FRANCHISES, WAS QUICKLY DARKENED IN THE FLEDGING STAGES OF THIS YEAR'S COMPETITION. FOR THE FIRST TIME SINCE 2003, NO SOUTH AFRICAN TEAMS PLAYED A PART IN THE KNOCKOUT STAGES, AN HONEST AND TRUE REFLECTION OF OUR DISMAL PERFORMANCE THROUGHOUT RUGBY'S TOUGHEST COMPETITION. THE ONLY SHINING LIGHT AT THE END OF A VERY DARK AND TUMULTUOUS TUNNEL WAS EVERYBODY'S NEW SECOND-FAVOURITE TEAM, THE LIONS, IMPECCABLY COACHED BY JOHAN ACKERMANN, WHO HAS GALVANISED A TEAM OF "NO NAMES" TO COME WITHIN A WHISKER OF GOING THROUGH TO THE PLAYOFFS.





WHILE SUPER RUGBY has no bearing on whether or not the Springboks have a stellar season, it is very alarming when comparing ourselves to the New Zealand and Australian teams as an example. Our player resources exceed those of our Antipodean brethren, and yet it is the “weaker” Australian conference that sent two teams into the play-offs, as opposed to South Africa’s one. The most shocking aspect of this was that without the automatic place for a conference winner, South Africa would have had zero representation at the business end of the Super Rugby season.

In terms of creating a game plan that doesn’t solely rely on a strong kicking game and driving lineout, we are still way behind. Simply put, if these two weapons are nullified, what else do South African teams have to offer? Besides the Lions’ scope and imagination, all our teams suffer from regimented implementation when it comes to the coach’s game-plan structure. So, in a certain part of the field, each player is instructed on what to do, as opposed to New Zealand and Australian players, while adhering to the game plan set out. They are also given permission to take responsibility, and make a decision on whether to run the ball, look for safety in kicking to touch, or kicking a contestable up-and-under, in order to win it back. South African teams seem to have a “kick first” mentality, and there is nothing wrong with that, provided the kick is a good one.

A perfect example of players being given permission to play what is in front of them? Both teams who contested the final, the Hurricanes, and the Highlanders. Both have a two-pass policy when returning a kick, trying to move the ball as quickly as possible, resulting in the middle of the field opening up the options for a counter-attack. South African teams seem more focused on kicking. However, the problem is in the fact that more often than not, the kick isn’t well placed, and the opposition simply gathers the ball, and can then return it with interest.

It is rather ironic that one of our most important attacking weapons (kicking) is something we don’t get as right as we should on a regular basis. Jesse Kriel, the precocious Bulls fullback, is a superb example of a player who looks to keep the ball in hand as a primary option when returning a kick. When it comes to South African players, he is a breath of fresh air, showcasing their attacking skills. I am not advocating that a kicking game should be abandoned, and that we run everything, regardless of the situation. What must be done by all players in this country is to see further than our noses. Keep in mind the game plan your team uses in a certain part of the field, but if there is a chance to attack and keep the ball “alive” by looking to offload, or manipulating the defence in a particular way to harness the best opportunity to score points, this must be at the top of the list. The Highlanders used a very effective kicking game, and this was evident when they beat the Waratahs in their own backyard. Their kicks were successful, due to them being contestable, as well as using them as an offensive weapon, with grubbers and chip kicks for their explosive outside backs to run onto. In short, they used a kicking game as an attacking option to get the ball back in a particular part of the opposition’s half, and here we can learn from them. The Highlanders also showcased what you can achieve by having a workmanlike attitude across the board, as well as a sprinkling of the “X factor” from outstanding players, such as Ben Smith, Aaron Smith, Malakai Fekitoa, and Waisake Naholo.

There is no substitute for belief in your own ability, and the camaraderie from team members who will sweat blood and tears for you, because you are one team and one family. That, ladies and gentlemen, is what being in a team is all about. —BRANDON GOING





## 8 WEEKS OF SHREDDING

# BURN FAT FAST WITH H.I.I.T

We are through the first half of winter, now it's time to get ready and shredded for summer. For fat-meting results in less time, everyone's talking about HIIT.

HIIT involves intervals of high-intensity exercise followed by low intensity or complete rest. This is in sharp contrast to the typical steady-state cardio most people do at a moderate intensity. Originally developed by track coaches to train runners, HIIT has crossed over to the fitness industry due to its fat-burning benefits confirmed many times over in scientific studies.

The major reason HIIT works so well for dropping body fat is due to the greater calorie burn or EPOC (excess post-exercise oxygen consumption) that's maintained after the workout is over. In other words, you burn more calories and more body fat while you're sitting around doing nothing. In addition to this increase in resting metabolism, HIIT is effective at enhancing the mechanisms in muscle cells that promote fat burning and blunt fat storage.

## FAT BLASTING HIIT WORKOUT

### 1. Cardio Workout

Start with a 5 to 10 minute general cardiovascular warm up followed by 5 to 10 minute dynamic drills (stretches and skipping variations). Next, set a treadmill to the maximal incline and at a speed you can sprint for 30 seconds. Set a mat beside your treadmill with an exercise ball, a 50lb dumbbell and an ab wheel. Repeat the following sequence 8 to 10 times:

- 30 second hill sprint, then carefully step off the treadmill (keep it running)
- 30 second Elbow Plank on the exercise ball
- Another 30 second hill sprint
- 30 reverse crunches while holding the dumbbell (placed on the floor above your head)
- Another 30 second hill sprint
- 30 ab wheel rollouts from your knees

Finish with a 5 to 10 minute general cardiovascular cool down.

### 2. Cardio Workout

Start with a 5 to 10 minute general cardiovascular warm up followed by 5 to 10 minute dynamic drills (stretches and skipping variations). Next, set a treadmill to the maximal incline and at a speed you can sprint for 60 seconds.

Repeat the following sequence 6 to 8 times:

- 60 second hill sprint, then carefully step off the treadmill (keep it running)
- 20 kneeling high cable crunches
- Farmer's carry with the heaviest dumbbells you can find. Walk as far as possible before putting the dumbbells down
- Another 60 second hill sprint
- 20 lateral medicine ball wall tosses per side
- Another farmer's carry, as before

Finish with a 5 to 10 minute general cardiovascular cool down.

to increase carnosine levels through beta-alanine supplementation.

### 3. Circuit Workout

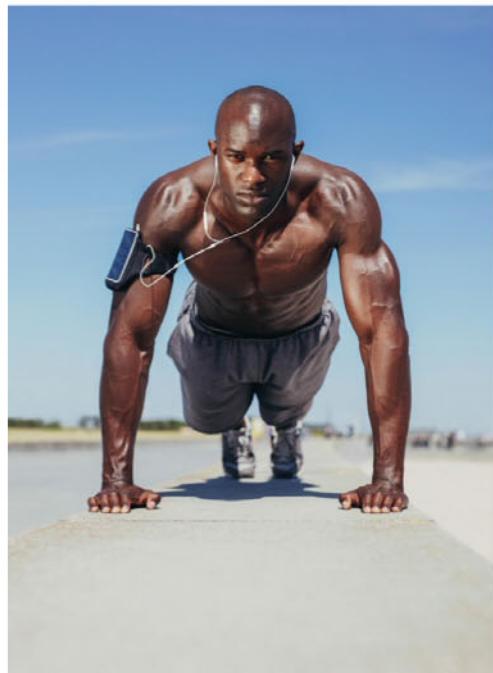
This fast-paced circuit will incinerate body fat by keeping your heart rate elevated throughout the workout and by utilising compound, multi-joint moves. Compound exercises will activate more muscle fibres, which will help you burn the most calories. It uses a 2 to 1 work to rest ratio and you can do it almost anywhere. Get creative while using the same format and sub in some of your favourites once a week to mix it up.

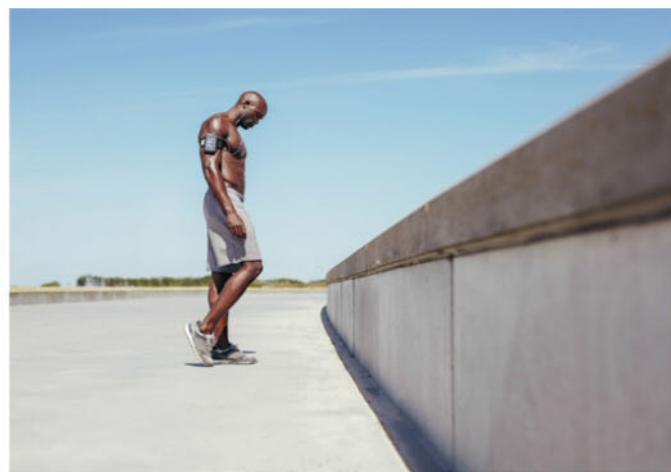
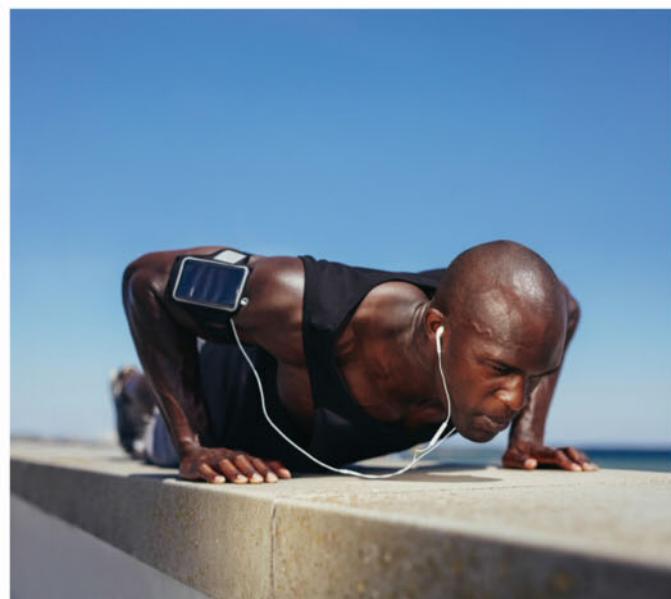
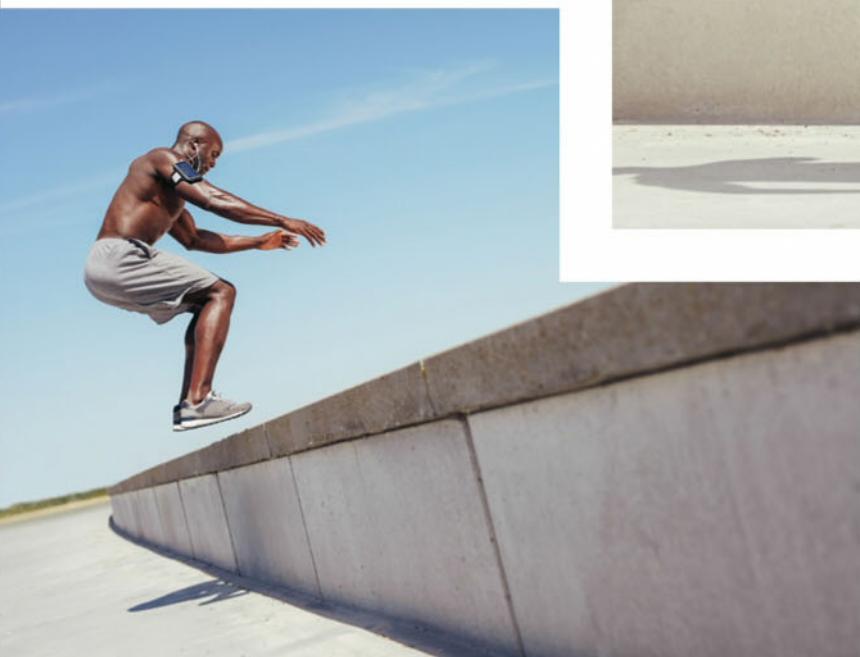
**DIRECTIONS:** Do as many reps as possible of each of the following exercises in 40 seconds, then take a 20 second rest. At the end of the rest period, immediately start the next exercise. Complete 3 to 5 rounds:

- Exercise 1: Lunges
- Exercise 2: Pushups
- Exercise 3: Squat
- Exercise 4: Pullups
- Exercise 5: Burpees

**DIRECTIONS:** Repeat the entire following circuit 3 to 4 times. Rest for up to 3 minutes between each circuit round for best results:

- Exercise 1: Battle Ropes, 30 seconds
- Exercise 2: Wide-Grip Pullups, 12 reps
- Exercise 3: Bar Dips, 12 reps
- Exercise 4: Close-Grip Pushups, 20 reps
- Exercise 5: Alternating Bodyweight Lunges, 12 reps
- Exercise 6: Standing Barbell Press, 12 reps
- Exercise 7: Bicycle Crunch, 15 reps
- Manuela Gabriella Incendiario





## FUELING YOUR H.I.I.T WORKOUTS.

High-intensity workouts are one of the best ways to torch fat and get into shape. However, preparing your body for one is just as important as actually doing the workout. To get this right, there's a bit of supplementation you'll need to complement your H.I.I.T cycles.

### HIIT THE BETA-ALANINE FOR MUSCLE GROWTH AND PRESERVATION

#### The Science Behind It

Beta-alanine is found in the muscle of animal proteins. It is the "beta" form of the amino acid alanine, which muscle cells use to make carnosine. Carnosine controls the lactic acid released due to intense exercise. With intense exercise (muscular contraction), our bodies accumulate a large amount of hydrogen ions which cause our muscles' pH to drop or become more acidic. When the pH level in your muscles' drop, so does your muscular performance, and you fatigue. Carnosine helps stabilize muscular pH by absorbing hydrogen ions that are rapidly released during exercise. Not only does beta-alanine increase intra-muscular pH, it also acts as an antioxidant, inhibits protein glycation and, because of its hydrogen ion buffering, it may augment excitation-contraction coupling, improving work output.

Research has shown that athletes who naturally have high levels of muscle carnosine seem to be able to exercise with greater force, which can inevitably lead to muscular gains, strength and power. Beta-alanine has been clinically shown with muscle biopsies to help increase carnosine levels by 42 to 80 percent, depending on the dosing and duration of the study.

#### Why Not Just Take Carnosine?

Taking beta-alanine is superior to taking carnosine, because when carnosine is ingested, it is either eliminated or broken down into beta-alanine and histidine. Carnosine is an insufficient source of beta-alanine and it is much more efficient to increase carnosine levels through beta-alanine supplementation. One study in the Journal of the International Society of Sports Nutrition reported that male subjects following a 6-week H.I.I.T program (done for 15 minutes per day at a ratio of 2:1 for exercise-to-rest, 3 days per week) while supplementing with beta-alanine gained more than 2 pounds of muscle – despite no weightlifting during the programme.

#### The Benefits of Leucine

Next, it is ideal to add Leucine to any supplement plan, and in terms of H.I.I.T, it is believed to be especially effective. I'd recommend taking at least five grams of Leucine before your workouts.

Leucine is an amino acid with an anabolic activity affecting the development of lean muscle mass through multiple metabolic mechanisms: Leucine closely cooperates with the most important anabolic hormones: insulin, GH, IGF and – probably – testosterone. It is a very potent stimulator of insulin production and release, comparable to glucose, which was considered, until recently, the most potent activator of this hormone.

As a compound with certain properties of a fatty substance, it reduces the barrier between the fatty and aqueous phase of cellular membranes and facilitates the transport of amino acids and energy compounds to the muscle cells, in which process it closely cooperates with insulin.

At the same time – owing to the abovementioned features – it easily penetrates into muscle cells itself. Inside these cells, it plays the role of an ingredient for building muscle proteins and structures, participating in the anabolism stimulation by hormones called "leucine locks," and also limits the activity of catabolic enzymes, destroying muscle proteins.

#### Recommendation:

Olimp L- leucine stack and /or Branched chain amino acids complex with vitamin B6 in powder, 3g Leucine - dietetic food supplement intended to meet the expenditure of intense muscular effort, especially for sports people.

To prepare yourself to really redline it (which is what you have to do to drive results in such a short amount of time), you need to stop thinking tactics and start thinking strategy.

So in conclusion, science tells us that consuming your amino acids before your workout yields up to 30% higher uptake into the muscles, so ignore the common trend of mixing it with your post-workout protein shake. The perfect pre-workout cocktail before a high intensity interval training session would consist of around 15 grams of whey protein and a serving of essential amino acids.

– Manuela Gabriella Incendiario

#### RECOMMENDATION OLIMP BETA- ALANINE CARNO RUSH



4g of pure beta-alanine, enriched with L-histidine and vitamin B6 before your workout.



Manuela is an accomplished businesswoman, as well as a fitness model, competitive WBFF athlete, professional trainer, brand ambassador for Olimp Sport Nutrition, and an online wellness coach. Find out more at [4everfit.co.za](http://4everfit.co.za)

KEEP GOING  
YOUR  
AND UNLEASH  
POWER

recommended by  
Marius Dohne  
IFBB PRO



**REDWEILER®**  
80 servings 480g



RIP YOUR MUSCLE UP

NITRO & FURIOUS  
ride on the edge  
of muscles explosion



[www.facebook.com/  
OlimpSportNutrition](http://www.facebook.com/OlimpSportNutrition)

[youtube.com/  
OlimpSportNutrition](http://youtube.com/OlimpSportNutrition)

[www.olimp-supplements.com  
BORN IN THE GYM®](http://www.olimp-supplements.com)

Distributed by:



Tel: +27 31 584 70 84  
Fax: +27 31 584 71 37  
Email: [info@musclesharehouse.co.za](mailto:info@musclesharehouse.co.za)  
[www.musclesharehouse.co.za](http://www.musclesharehouse.co.za)

Springbok Pharmacy  
Moorreesburg, 011 987 0000  
Mopani Pharmacy  
Johannesburg, 011 987 0000  
Bulawayo Pharmacy  
Bulawayo, 011 977 0000

Nutrice Supplements  
Brenton & Company, 011 776 0000  
BULK UP  
PLATINUM

Pure Elite Nutrition  
African American Angels  
CHROME  
BODY & STONE

Body Tech  
Kingsway Management 011 440 0000

**GNC**  
LIVE WELL

VITAMINS | SPORTS NUTRITION | SLIMMING

# AVERAGE STOPS WHEN IT HURTS

**BEAT AVERAGE**

**GNC**  
PRO PERFORMANCE  
AMPLIFY TOTAL RECOVERY



Available at

**CLICKS** +  
Available in larger stores

**GNC** CONCEPT  
LIVE WELL STORES



@GNC\_SA



LiveWellGNC



[www.gnc.co.za](http://www.gnc.co.za)

These statements have not been

FORMANCE®  
**MP**

## **THE MOST ADVANCED, SCIENCE-BASED SPORTS NUTRITION BRAND EVER**

Get the most out of your workouts with the latest innovations in sports nutrition science, featuring breakthrough technologies and clinically studied, high-quality ingredients that target advanced muscle performance for proven results.



- 50g of Protein with Micronized Aminos
- Increases Lean Mass with 40% Fewer Sets\*
- 3g of Creatine to Improve Athletic Performance
- Improves Muscle Stamina & Strength\*



△ Clinically Researched

**CHOCOLATE**

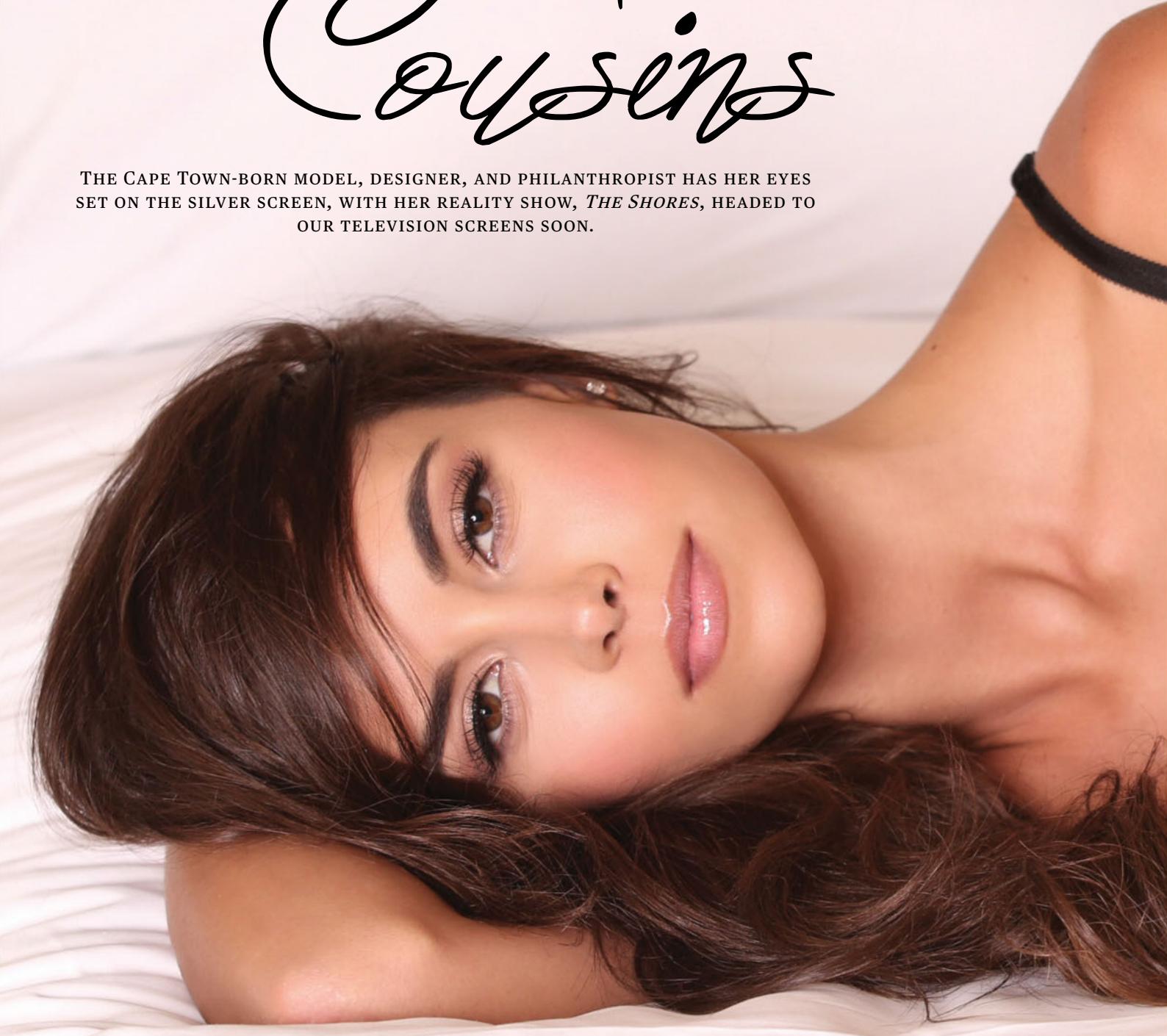
Natural + artificial flavors

NET WT 6 LB (96 OZ) 2727 G

en evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

# Courtney Cousins

THE CAPE TOWN-BORN MODEL, DESIGNER, AND PHILANTHROPIST HAS HER EYES SET ON THE SILVER SCREEN, WITH HER REALITY SHOW, *THE SHORES*, HEADED TO OUR TELEVISION SCREENS SOON.

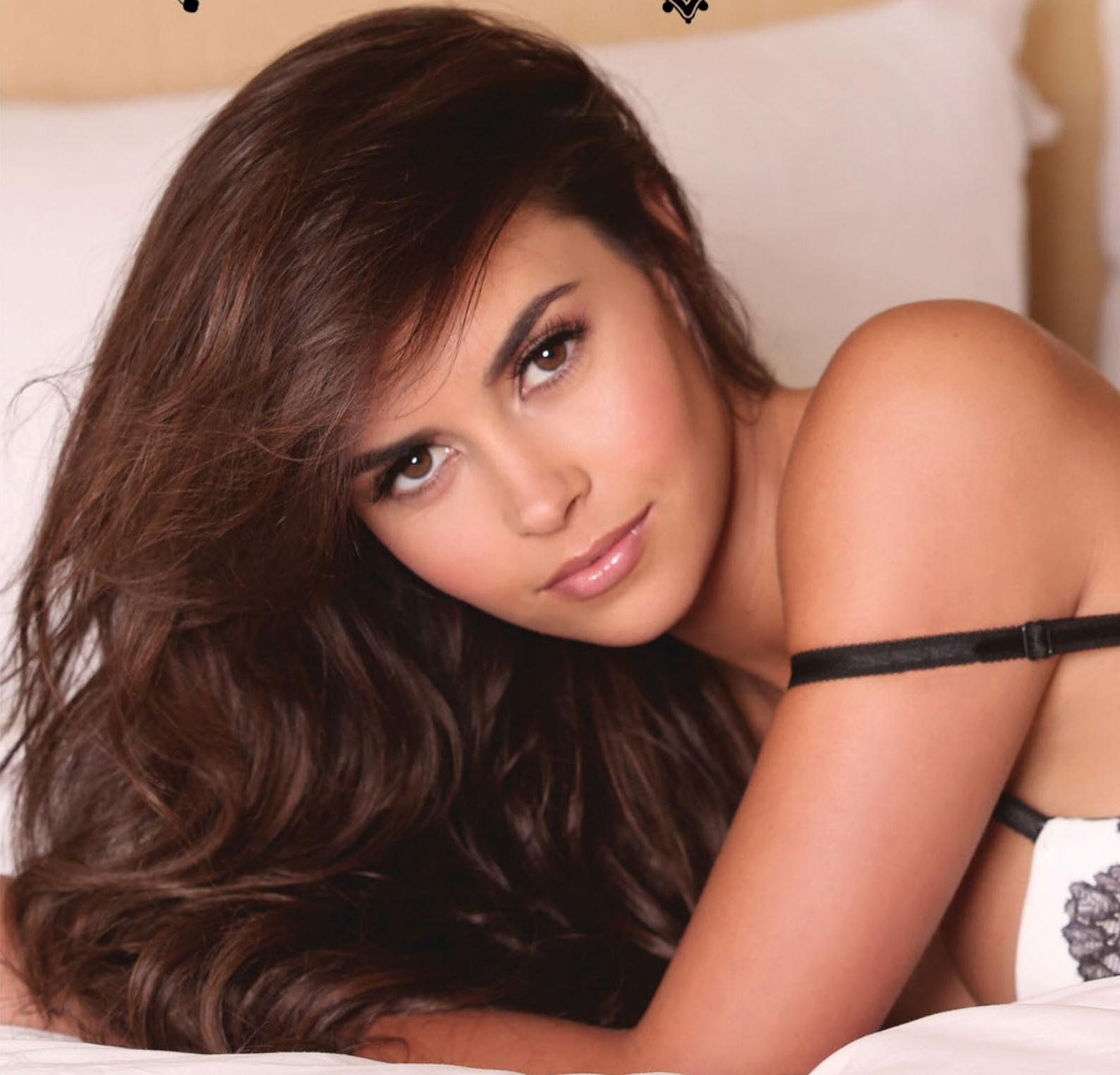






**HOW DID YOU GET INTO THE MODELLING INDUSTRY?** Being involved in the TV show *The Shores*. Being in entertainment is a huge passion of mine, something I would love to get more involved in. I also launched my clothing line, "Courtney Cousins," on the show. **DO YOU EVER GET MOMENTS WHEN YOU WANT TO QUIT, AND TAKE ON A FULL-TIME 9 TO 5?** If you truly love what you do, you will love the ups and downs that come with any career, so always try to learn and grow from them. Right now, I am so happy with where I am at in my career, and I have big plans to keep growing. So, no, I don't plan on taking on a full-time 9 to 5. **WE GET THE IMPRESSION THAT MODELS CONSTANTLY HAVE YACHT PARTIES, DRINK BOTTLES OF CHAMPAGNE LIKE ORANGE JUICE, BASICALLY, LIVE LIKE ROCK STARS. ARE WE COMPLETELY OFF?** Yes, you are *slightly* off. Being a part of the entertainment and modelling industry is based on being social, networking. We are fortunate that networking involves a few drinks now and then, but I think it is important to understand that when most of us models are at a big event or party, we are focused on building our brand by networking and meeting new people in the industry. It is more work than play. **WHAT ARE SOME OF THE STRANGEST TRENDS/PATTERNS YOU'VE WITNESSED IN THE MODELLING INDUSTRY?** When I had just turned 18, I went to China on a 3-month modelling contract. While I was there, I noticed that they have the strangest ways of faking things on shoots. If you do not have big boobs, they make you wear 3 bras. Their hairstyle trends are also extremely different. That trip was definitely an experience. **YOU GREW UP IN SOUTH AFRICA. HOW DID YOU MAKE THE LEAP OVERSEAS?** As a model, it is so important to travel overseas, and to try and make a name for your brand in as many countries as possible. You also learn so much about yourself, and become a lot more open-minded about things in your life. I am very fortunate that my career allows me to meet people overseas. If you want something in your life, you have to go out, get it, and put in the hard work to reach all of your goals. **WHAT ARE THINGS IN SOUTH AFRICA THAT OTHER COUNTRIES JUST CAN'T BEAT?** The beauty, culture, and healthy food. South Africa is extremely beautiful, and I think that, because most of us live here, we get used to the beauty and take it for granted. The culture in South Africa is incredible, and you can feel it walking down the street. Overseas, there is division, and everybody is on their own mission. Overseas, it is so difficult to find restaurants and stores that do healthy food. In South Africa, basically every restaurant has healthy options. **BEING A MODEL, DO A LOT OF MEN FIND YOU INTIMIDATING?** I have never experienced a man being intimidated by me once they start talking to me, or get to know me. But they have said that they were really shy to come up to me and greet me. **WHAT'S THE SEXIEST THING ABOUT A MAN?** I have a few things that I find really sexy about a man. If a man is humble, and is a real gentleman, I think most women find that sexy. I love it if a man smells good, that gets my attention pretty fast. Also, a man that is into health and fitness, that is so sexy. **AND WHAT'S YOUR BIGGEST TURN OFF?** Arrogance and rudeness. In a man, true strength is in the way he treats others. **WORST PICK-UP LINE YOU'VE EVER HEARD?** (Laughs) Wow. I feel like cheesy pick-up lines are trending. I have heard all of them, like, "Are you an angel? Because you look like Heaven to me." I think they like to say the cheesy lines, because all of us girls know them and there is nothing we can do, but laugh. Laughing is always the best icebreaker. **WHAT ARE YOUR PLANS FOR THE REST OF 2015?** I love working hard, and have pretty big goals that I have set for myself. I have my clothing line, which is my main focus, and I have a charity, the Hope of a Butterfly, which I am very passionate about. It focuses on inspiring random acts of kindness. One of my biggest passions is music, and I would love to get more involved in it this year. —FARAI MAKONI







**The Bicycle**

Weighing 5kg, the Trek Émonda SLR 10 is so light that it's not allowed in the Tour de France. Every bit of the 22-speed bike, from its wind-sculpted carbon frame, to its high-wattage componentry, has been tuned to help cyclists dust everyone on the road. [trekbikes.com/za](http://trekbikes.com/za)



ACTION FIGURES

FROM A HIGH-TECH BRAAI WITH A BRAIN, TO AN AMPED-UP SCOOTER FOR TACKLING THE ROUGHEST ROAD, THESE BIG-TICKET TOYS WILL STEP UP YOUR FUN.

# LOSE THE STRAP



## FLYING HIGH

Fleshman placed second at an indoor 1600m in January, in 4:42.77.

free time. May your competitive spirit provide endless opportunities for one-upmanship, and maybe even make medal racks collapse from the hardware earned by flying over the edges of your potential.

## The Sceptic: Li

People who like running are either very last-minute newbies. They have the foggiest idea what a marathon is all about, chafe and hide behind the mean, the face of a walk after they do it all and then says it all. Silly me, I was walking

about 100 miles a week, so I thought I was in shape, but I was not trained to run

## TOMTOM MULTI-SPORT CARDIO with built-in heart rate monitor

**TOMTOM**

[TOMTOM.COM/SPORTS](http://TOMTOM.COM/SPORTS)

Available at selected retailers

**TOTALSPORTS** **DUESOUTH**  
BE AN OUTSIDER

**TAKEALOT.COM**

**Kalahari.com**



ing on the 5-K

running feeling, but it's only one reason to experience racing. In a 5-K, you know that you are going to finish. Satisfaction comes instead from competing: against yourself, the clock, and others in an intense, concentrated period of time. This adds a whole new depth and richness to your running, regardless of your spe

## 5/ FREE TIME

What will you do with your weekends?

## 4/ BUDGET

5-Ks are cheaper, and you only have to run one-eighth as far.

## 3/ BACK ON THE HORSE

Getting derailed in a marathon due to inclement weather, travel mishaps, stomach problems, or just having an off day can cost you 16 weeks of training and travelling somewhere far away for another attempt. If you mess up the 5-K, you can just get in your car and try again next week. Boom.

## 2/ THE HUMANITY

When you hit the wall in a 5-K, it hurts a lot, but it's over faster than it takes to make a cappuccino. Literally. I timed it.

## STYLE

fuel belts. No water bottles. No gels or blocks or powders or No shorts with 30 pockets. No chafing, no chlorine stains. You can run in your favorite cotton shorts with nary a sweat stain. And for the win. Who's



SHMAN,  
FOUNDE  
RS, ON  
SHMAN



#### The Paddleboard

Thanks to its contoured bottom, and blend of stability and speed, the 80-centimetre-wide **SIC Recon 11.11** is a ready-for-anything paddleboard that rides as well on rivers as it does on the rough ocean. It's ideal for amateurs and endless-summer searchers alike.

[sicmaui.com](http://sicmaui.com)



#### The Jet Ski

The **Kawasaki Ultra 310LX** is a Miura bull wearing a dinner jacket. The 3-person Jet Ski is the most powerful available, a 310-horsepower craft that tops out at more than 105 kph. But it's rife with refinements, like heat-resistant seats, and a first-of-its-kind 40W stereo.

[kawasaki.co.za](http://kawasaki.co.za)



#### The Scooter

Action junkies, take note. Fusing the tilt-to-control steering of a Segway with the build of a Sherman tank, the 13-horsepower DTV Shredder not only powers through mud, but it is also light enough to pull off tricks and full flips.

[bpgwerks.com](http://bpgwerks.com)



#### The Pocket Camera

The Canon G7X is only 10 centimetres wide, but boasts a smartphone-shaming, 3-centimetre sensor that captures everything, from Caribbean sunsets, to mid-splash cannonballs in impeccably focused shots that beg to be printed.

[canon.co.za](http://canon.co.za)



#### The Grill

Let the Lynx SmartGrill know what you're cooking, and the Wi-Fi-enabled, voice-activated cue will set its own temperature, tell you where to place your food, and even text you when it's time to turn the sirloins. All it asks for in return is some propane, and a little love from a braai brush.

[lynxgrills.com](http://lynxgrills.com)





# RORY McILROY PGA TOUR®



For years, EA Sports' *Tiger Woods* games offered some of the best golf simulations available on any gaming platform, but much like the man himself the series started to stagnate. After a few years in hiatus, EA Sports' golf sim returns to all platforms with a new cover-star in *Rory McIlroy*, but has EA scored a hole-in-one or are they stuck in the sand trap? **SWING IT LIKE YOU MEAN IT** As with EA Sports' previous golf sims, *Rory McIlroy*'s strength lies in the core mechanics of swinging the club and shaping the shots to your liking. There are a variety of options to choose from in how you approach your shot, with three pre-built configurations available to choose from at the start. From the old-school three-click swing style to the more modern left-analogue stick swing, *Rory McIlroy PGA Tour* will cater to your personal preference. The difficulty customisation, as with all EA games, is fantastic. The game is easily accessible to the golf newbie and incredibly challenging to the hardcore golfer. With the core mechanics in the bag, the visuals have also received a noticeable upgrade. Using the *Battlefield* graphics engine, golf has never looked better, from the beautiful courses to the highly detailed movement of your character. This is by far the best-looking golf game ever created. With great mechanics and those shiny next gen graphics, *Rory McIlroy PGA Tour* must surely be the greatest golf game ever... unfortunately, not quite. **THOSE BACKSWING BOGEYS** *Rory McIlroy PGA Tour* feels very light on content compared to other EA Sports' games, like the *FIFA* and *MADDEN* series. Sure, there are several ways to play the game, including a Career mode, online head-to-head play, tournaments, and some arcadey mini-games. However, none of them are fleshed out enough to compare favourably to similar modes in past EA golf titles, or to current competition like *The Golf Club*. There are also significantly fewer courses and playable real-world golfers than the series has had in years, but the modes are very straightforward and lack depth. We are, however, confident that more content will be added over the course of the game's lifecycle ala the EA Sports *UFC* game, that regularly received new and updated content. So it's not all doom and gloom. **INCHES SHORT OF THE CUP** *Rory McIlroy PGA Tour* is a perfectly good golf game, but it is let down by the lack of content and features. However, the core mechanics are still fantastic and you will get great joy out of this game if you enjoyed the previous years' iterations.



by ANDRE COETZER



# GOD OF WAR

by ANDRE COETZER

Five years ago, *God of War 3* was unleashed upon the PlayStation 3 with rave reviews. It had an epic story of the grandest scale, filled with over-the-top violence from everyone's favourite bad boy, Kratos. It was seen as one of the best games of the last generation, and now you get to do it all over again on your shiny, new PS4. Violence has never looked better. **THE GODS MUST BE CRAZY** For those of you not familiar with the *God of War* franchise, you play as Kratos. A former general for the Spartan army, royally screwed over by the Greek gods, Kratos is on a mission to get his revenge and destroy everything the gods hold dear. In this third chapter, Kratos is going after Zeus, the God of Thunder, and an overall douche bag. Right out of the gate, you're scaling the arms of a titan as it climbs up Mount Olympus, and fighting your way out of Hades. This adventure is truly one of legendary proportions, and the many boss fights are incredible to behold. From ripping Hades apart, piece by piece, to going face-to-face with Hercules himself. **SO, WHAT'S NEW?** For current fans of the series, this remaster doesn't really offer anything new to the plate. The graphics have received a nice bump of up to a full 1080p, and the frame rate runs at a very satisfying 60fps. Watching Kratos unleash his fury onto his enemies has never looked better, and the gameplay still holds up to this day. A new photo mode (a feature that worked incredibly well in *The Last of Us: Remastered*) is also included, but unfortunately, it is not as flexible as other photo modes. Due to the game's locked-off camera, you are very limited to what photos you can actually take. From a story point of view, this is exactly the same as the 2010 release, so don't go in expecting anything new, story-wise. But this is a minor gripe, as Kratos' original story is still as epic and engaging 5 years down the line. **VISCERAL VIOLENCE** All in all, the new remaster is the perfect opportunity for fans and newcomers to experience one of PlayStation's marquee titles at its finest. The gameplay is still incredibly satisfying, and the visual improvements add to the overall experience. *God of War 3: Remastered* is a must-have title, and it also serves to highlight how amazing the original release was back in 2010. Kratos is back, and angrier than ever!





## FANTASTIC FOUR

The Marvel movie franchises have proven to be some of the most popular box office hits in the last few years, from the multi-million money-making machine *Avengers* flicks to the much loved *Iron Man* trilogy, Marvel have got their formula waxed. Unfortunately not all the Marvel characters have received the same love and attention as the above-mentioned movies, *Fantastic Four* being a prime example. Yes, the previous two movies did star big names like Jessica Alba and Chris Evans, but they always felt a bit cheap. That is until now... Marvel have decided to reboot the *Fantastic Four* franchise and give it the love and attention it deserves.

**SAME NAME, DIFFERENT FACES** Credit does have to go to Marvel for casting much younger and lesser-known actors for this reboot, instead of sticking with the same characters from the previous movies. Kate Mara (from *House of Cards* fame) takes up the role of Sue Storm/Invisible Woman. Miles Teller (star of the phenomenal *Whiplash*) plays the genius Dr. Reed Richards aka Mr. Fantastic, and Michael B Jordan and Jamie Bell take on Johnny Storm and Ben Grimm respectively. The story will be familiar to any *Four* fan, with the four teleporting to an alternate and dangerous universe that alters their physical form in shocking ways. Eventually coming to terms with the powers that have been forced upon them, the Fantastic Four must work together to save Earth from an insidious force in the guise of Doctor Doom, former friend of the four, Victor von Doom. Although the premise feels very familiar, the brand new cast feels young and exciting, adding another level to the famed four.

**ACTION JACKSON** The biggest problem with the previous *Fantastic Four* films was the shoddy production value and cheap-looking effects. Fair enough, it was over 10 years ago that the original

was aired, but even by 2005 standards the movie did feel rushed and under-developed. Not so with the reboot. Marvel has clearly thrown a lot at the movie and it shines on screen. The visual effects are stunning, from the fully rendered The Thing to the amazing looking fire effects of The Human Torch. It feels exactly how a superhero movie should. The story, although nothing groundbreaking, does draw the viewer in and by the end of the film one actually cares for the characters, even the incredibly sad devolution of Victor von Doom. The overall package feels more like one entity, unlike the previous films that failed to deliver on any front.

**IT'S CLOBBIN' TIME** The new *Fantastic Four* is a great reboot of a much-loved series. The casting is spot on, the visual effects are spectacular and the story is truly gripping. Any fan of the *Avengers*, *Thor*, *Captain America* or *Iron Man* will feel right at home here, and even newcomers to the series will find out why the *Fantastic Four* has such a cult following amongst its hardcore fans.

—Andre Coetzer

# Pit Bull

energy products

PROUDLY SPONSORING SAV GUALTIERI - PROFESSIONAL RACING DRIVER

GUARANTEED  
NO AFTER TASTE



## BOHEMOTH THAT IS, TOM CRUISE.

It's incredible to think that it has been over 29 years since the world's collective breath was taken away by a young charming actor, in the highest box office earning movie of 1986, *Top Gun*. That dashing young actor would go on to become one of the biggest names in Hollywood history. From dancing around in his underwear in *Risky Business* to the upcoming *Mission Impossible Rogue Nation*, Tom Cruise has wowed and entertained millions for over 30 years, but it was not always the easiest of roads to travel for Hollywood's favourite son.

**ALWAYS THE NEW KID ON THE BLOCK** On the 3rd of July 1962, a young boy was born in Syracuse, New Jersey, named Thomas Cruise Mapother IV. His mother, Mary Lee Pfeiffer was married to an electronics engineer from Kentucky, Thomas Cruise Mapother III. The young Thomas has three sisters, Lee Anne the eldest, Marian and Cass, the youngest. Due to his father's job with General Electric, the Mapother family would be seen as nomadic, moving from Syracuse to Ottawa, then to Missouri, back to New Jersey and again back to Louisville, all before Tom was 11. Eventually his parents divorced and his mother took Tom and his three sisters far away from their father, to Kentucky, where life would be one struggle after another. Receiving food stamps and forced to put his hard-earned newspaper delivery earnings towards the family survival. A few years later, his mother would marry plastics salesman, Jack South, and more moves around the country were on the horizon. By the age of 14, Tom had attended 15 different schools, and was bullied in nearly all of them. Eventually the family settled down in New Jersey and he enrolled at Glen Ridge High School. Unfortunately, just like his mother and three sisters, Tom suffered from dyslexia, which made academic success difficult for him. He did however excel in sports, from wrestling, racquetball and ice hockey to athletics. At one stage, Tom seriously considered pursuing a career in professional wrestling until a knee injury side-lined him during high school. It was then that someone suggested he try his hand at the school's theatre productions. When one door closes, another opens.

**A RISKY BUSINESS** A youthful Tom Cruise Mapother IV stepped onto the stage for the very

first time in the musical *Guys and Dolls*, and he immediately knew this was his calling. At the age of 18 Tom moved to New York and gave himself a 10-year deadline for success. Supporting himself by working as a porter in an apartment block and a table-cleaner at Mortimer's restaurant, while in the evenings taking drama classes and auditioning for TV ads whenever possible. He had the look, he had the winning smile, but unfortunately he was never hired, as casting directors often referred to him as too intense. It was also in New York where he decided to shorten his name to the catchier Tom Cruise, a name that would soon become synonymous with moviegoers. While in Los Angeles, Cruise signed with Creative Artists Agency and soon got his first taste of film in the box-office flop *Endless Love*, directed by Franco Zeffirelli. A few more movies followed, but with no major starring roles, until he donned a pair of Ray Bans and danced around in his underwear in the surprise hit *Risky Business*. Tom Cruise was the talk of the town and many thought he would go down the route of most of his fellow 80's stars. Cruise had other ideas, never one to settle, he challenged himself in various roles, working with a variety of top-class directors from Francis Ford Coppola to Ridley Scott. It would eventually be with Ridley's brother Tony Scott, where Cruise would fully explode onto the scene as the slick and confident fighter pilot, Pete "Maverick" Mitchell, in the blockbuster hit *Top Gun*. Instead of taking the easy route and settling for the easy roles, Cruise wanted to improve as an actor and not just a star.

**IT'S REIGNING MEN** In the next few years Cruise's star would rise to incredible heights. From starring next to the sublime Dustin Hoffman in *Rain Man* to playing the tequila-juggling bartender in *Cocktail*, the Cruise hype train continued to forge on. Big things were around the corner as Oliver Stone's *Born on the Fourth of July* saw Cruise play the real-life Vietnam veteran Ron Kovic, a man physically destroyed, yet spiritually raised, by the paralysis of his lower body. It was an incredible and harrowing performance, one that won him his first Golden Globe and Oscar Nomination. *Days of Thunder*, *Interview with a Vampire*, *Far and Away* and *Mission Impossible* followed and were all well-received movies, with *Mission Impossible* being a massive blockbuster hit, but it was his incredible performance in Cameron Crowe's *Jerry Maguire* that once again

had the movie world in raptures. Another Golden Globe was soon to be placed on his mantelpiece, as well as another Oscar nomination. Tom Cruise was now a major player in Hollywood, he was able to shake off the "pretty boy" tag early on in his career and was seen by many of his peers as a true creative in the field, and Cruise's next few roles would exactly prove why he is one of the most versatile actors in the business. From Stanley Kubricks' *Eyes Wide Shut* to another Golden Globe victory for his role as Frank Mackey in *Magnolia*, to the mega box office hit *Mission Impossible 2*, having Tom Cruise in your movie equals box office success. The feudal Japan samurai flick *The Last Samurai's* worldwide taking was \$111 million, Stephen Spielberg's *War of the Worlds* took a total of \$235 million at the box office, *Mission Impossible III* \$134 million, *Mission Impossible Ghost Protocol* \$209 million and *Edge of Tomorrow* reaching over \$100 million, the common denominator being Tom Cruise. The man guaranteed a huge box office hit with his winning smile, natural good looks and on-screen talent, matched by few.

**MISSION VERY POSSIBLE** In late 2015, Cruise returns once again to his most successful franchise, *Mission Impossible*, in the fifth instalment of the series titled *Mission Impossible Rogue Nation*. With the IMF now disbanded and Ethan Hunt (Cruise) out in the cold, a new threat, called The Syndicate soon emerges. The Syndicate is a network of highly skilled operatives who are dedicated to establishing a new world order via an escalating series of terrorist attacks. Faced with what may be the most impossible mission yet, Ethan gathers his team and joins forces with Ilsa Faust (Rebecca Ferguson), a disavowed British agent who may or may not be a member of this deadly rogue nation. Guaranteed to be another huge hit for Cruise and a big winner at the box office, the latest *Mission Impossible* will once again show why the young boy who battled with dyslexia back in Syracuse, New Jersey, so many years ago, has turned into the biggest star to ever grace the silver screen. There's a popular Hollywood saying that goes: *Question: Who can guarantee you a box office smash? Answers: 1) Tom Cruise 2) Tom Cruise 3) That's it...* Never have more true words been spoken. Tom Cruise is undoubtedly one of the biggest stars in the Hollywood sky.

—Andre Coetzer





This Page:

Jacket, Top Man  
R860; Shirt, Guess  
R1 300; Jeans,  
Kingsley Heath  
R900; Sunglasses,  
Diesel by Moscon  
Optics R2 649;  
Watch, SevenFriday  
R14 700; Bracelet,  
Northskull R2 150





This Page:

Bow Tie, Ted Baker  
R600; Shirt,  
Lyle&Scott R1 100;  
Belt, Ted Baker  
R600; Blazer, Ted  
Baker R4 300;  
Shorts, Ted Baker  
R1 000; Loafers,  
Superga R1 200;  
Bag, Ted Baker  
R3 600; Watch,  
SevenFriday  
R19 000.

FROM BAD-TO-THE-BONE COWBOYS IN WESTERNS, TO NEW-KIDS-ON-THE-BLOCK MARK WAHLBERG, TO THE FASHION SPREAD IN **MAXIM** MAGAZINE, DENIM WILL FOREVER BE IN, NEVER A TREND, BUT A CONSTANT.

This Page:  
Shirt, Guess  
R1 200; Belt,  
Ted Baker R600;  
Jeans, G-Star  
R2 000; Shoes,  
Green Cross  
R1 300.



This Page:

Jacket, Guess  
R1 800; T-shirt,  
SuperDry R700;  
Jeans, Guess  
R800; Shoes,  
Superga R1 200.

Opposite Page:

Optical Frames,  
Diesel By Moscon  
Optics R2 349;  
Shirt, Kingsley  
Heath R650; Jeans,  
Guess R1 200;  
Bomber, Ted Baker  
R1 900; Watch,  
Bulova R7 600;  
Belt, Ted Baker  
R600; Bag, Ted  
Baker R2 000;  
Shoes, Green  
Cross R1 300.



THE UNION  
HENDRICK'S  
POP UP BAR  
HIDDEN HENDRICKS  
PHOTOBOOTH



This Page:

Blazer, G-Star R4 000; Shirt, Lyle & Scott R800; Jeans, Kingsley Heath R1 000; Watch, Bomberg R16 300; Bracelet, Northskull R3 000; Bracelet, Northskull R2 150.

GROOMING BY MONIQUE PAPPAS, MODEL MATTHEW FOORD FROM TOP MODEL SOUTH AFRICA

GROOMING BY MONIQUE PAPPAS, MODEL MATTHEW HARRIS, LOCATION: THE UNION HENDRICK'S POP UP BAR



**SEVENFRIDAY**  
FRESH FROM THE PRESS



## M-SERIES

Distributed in South Africa by Bespoke Horology  
[www.bespokehorology.com](http://www.bespokehorology.com)

BALLIN'

## BREAKING THE BANK.

IT SEEMS LIKE WHATEVER THE PRICE MAY BE, SOMEONE OUT THERE WITH WADS OF CASH IS WILLING TO PAY IT. WE BRING TO YOU A LIST OF SOME OF THE MOST EXPENSIVE ITEMS OF THEIR KIND, FROM A 21-GRAND BURGER, TO A WATCH WORTH MORE THAN A ROW OF HOUSES. —FARAI MAKONI



# TAKE IT UP A NOTCH



## PRE-AMPED CONCENTRATE HIGH POTENCY CONCENTRATED PRE-WORKOUT

- ▶ Explosive energy during workout
- ▶ Assist muscle recovery



### Car

#### R424 million

Is the 1962 Ferrari 250 GTO worth its price? Well, a private collector thought so when he dropped a small island's GDP on the 52-year-old vehicle at a Bonhams auction in the United Kingdom, a pleb's price, considering that some expected it to go for around R600 million. Still, no reason for Ferrari to get off of its prancing high horse, giving the Mercedes W196R, which went for R360 million, a rev for its money.

lionmariebing\_0027688

Biogen products available at these stores:

**Dis-Chem**  
PHARMACIES  
Pharmacists who care

**the local choice**  
here for you.

Proud partner of:  
**NO EXCUSES**  
www.noexcuses.co.za



**Yacht  
R55 billion**

The wealthy buy yachts like pairs of shoes, but the History Supreme, ranked as the most expensive yacht out right now, will have cash queens and kings raising a brow at its price. Drafted by world-renowned designer Stuart Hughes, purchased by a Malaysian businessman who wished to remain anonymous, the boat is built from 100 000kg of solid gold and platinum. More tip-of-the-iceberg features are the meteorite rock wall feature, a 24-carat gold aquarium, and a statue made from, you (didn't) guessed it, Tyrannosaurus rex bones.





**Bike**  
**R43 million**

Don't underestimate its friendly exterior, the Ecosse ES1 superbike is a rude boy in the streets, equipped with a V4 that throws a tarmac-tearing tantrum of 189.84Nm, reaching a top speed of 370km/h. With more zeros in its price than Dumb and Dumber's exam sheet, its frame is made of a carbon fibre front, a rear suspension of torsion bar springs, and an F1 spec.



#### Hotel Room

#### R1 million

Known as the most expensive hotel room in the world, dropping down to only 700 grand if you pull the right cashmere strings, a few hours in Hotel President Wilson's Royal Penthouse Suite cost the price of someone's dream home. So, what does that get you? 12 bedrooms, 12 marble bathrooms, a terrace with priceless views of the Swiss Alps, as well as a butler, chef, and personal assistant ready to give you your money's worth.





**Apartment  
R4 billion**

An infinity pool the size of forever, complete with a water slide, and a private chauffeur and caterer, all at the top of a skyscraper overlooking a sea of Monaco's luxury.

Monaco is no stranger to excessive wealth, and Tour Odeon's multi-storey penthouse is doing a good job at keeping that relationship rock solid.

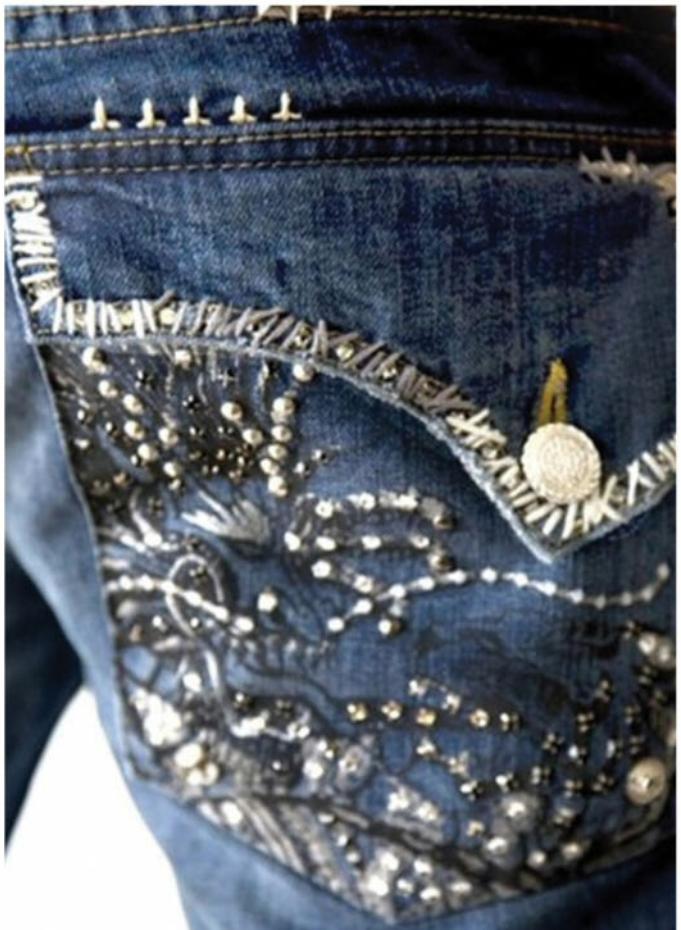


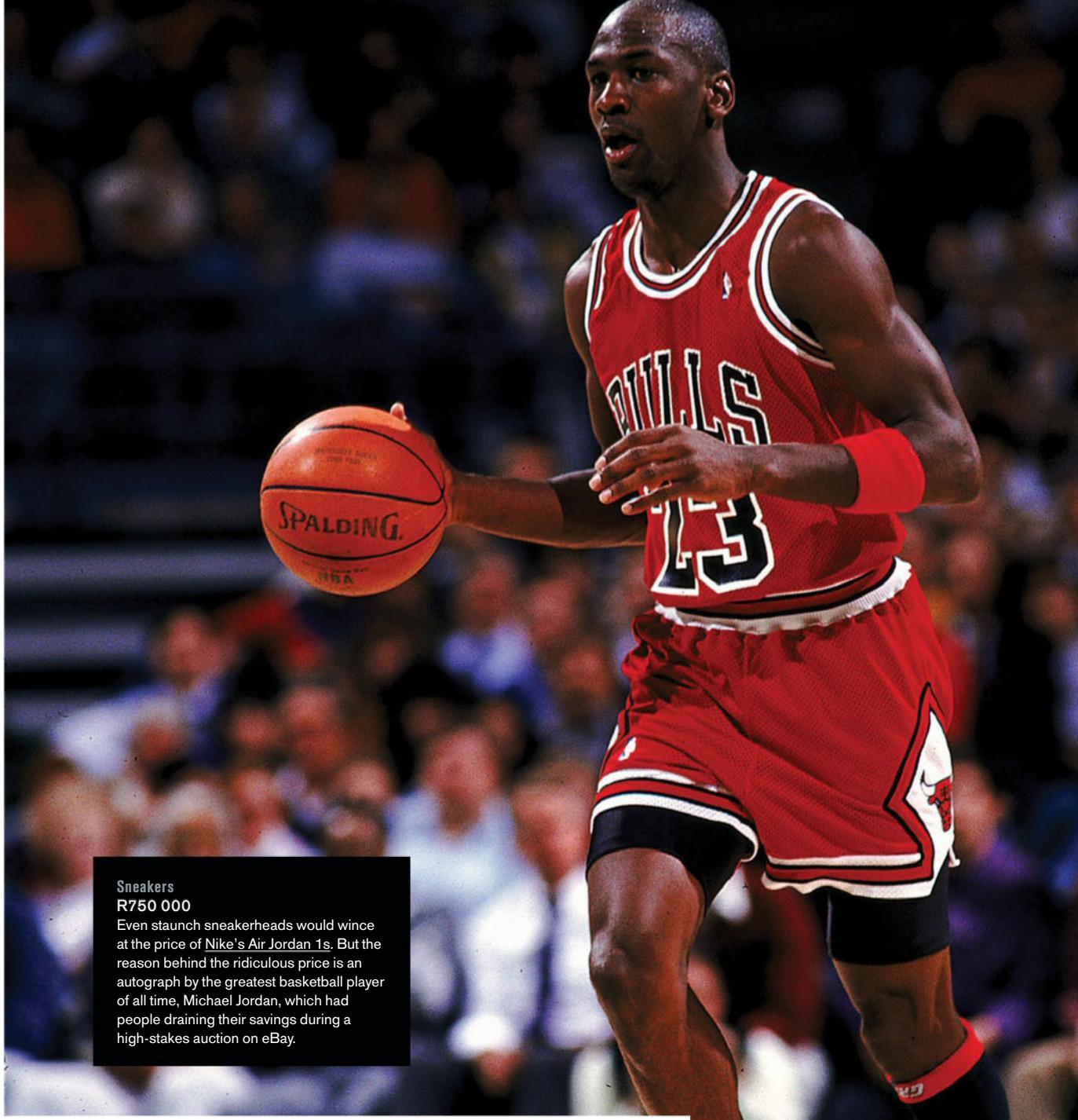


**Jeans**

**R16 million**

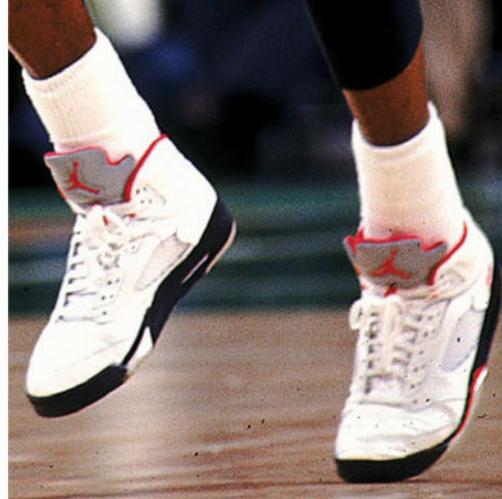
Secret Circus' jeans make True Religion and G-Star look like the latest in plebs' wear, but what's behind the price tag? A minute design on the back pocket made of diamonds, making the jeans the first of their kind, a piece of clothing that goes well with 'roid-powered fist pumping, and a one-size-too-small Ed Hardy T-shirt.





**Sneakers**  
**R750 000**

Even staunch sneakerheads would wince at the price of Nike's Air Jordan 1s. But the reason behind the ridiculous price is an autograph by the greatest basketball player of all time, Michael Jordan, which had people draining their savings during a high-stakes auction on eBay.



Watch

R256 million

Crowned as the world's most expensive timepiece in history, the Graves

Supercomplication is a watch work more than a mansion. Made for an American financier, with 8 years of assembling by Swiss watchmaker Patek Philippe, the timepiece was sold at an auction in Switzerland, made from 24-carat gold.

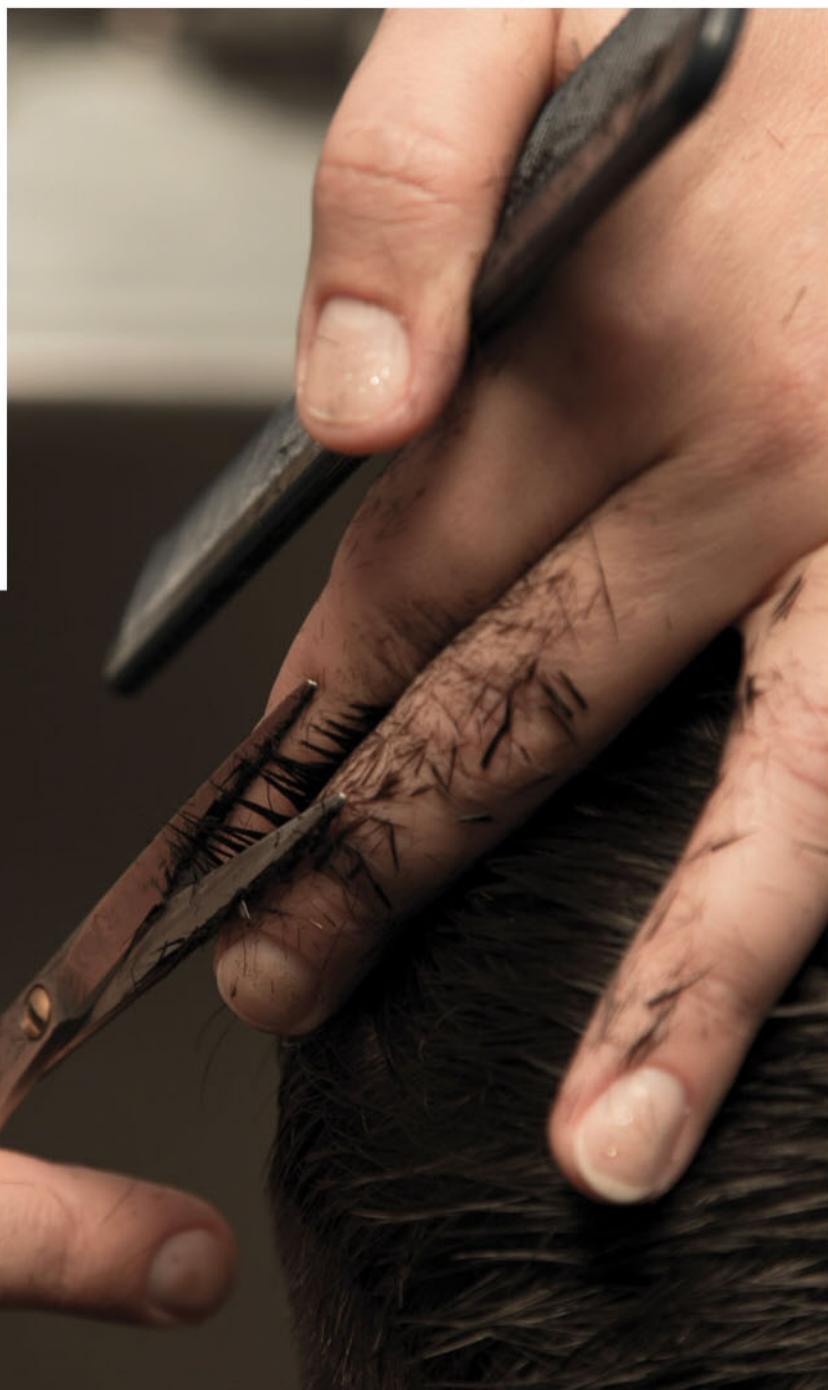




#### Haircut

R280 000

What dollar-hungry demons would possess someone to spend that amount of money on a haircut? Is the hairdresser behind Rooney and LeBron's miraculously mended hairlines? No. In fact, stylist Ken Modestou of London's Dorchester Hotel normally doesn't charge that much for a clean cut, but the Sultan of Brunei is still keen on flying him in for just that, covering all of his expenses, including a first-class cruise through the skies on Singapore Airlines.





Beer

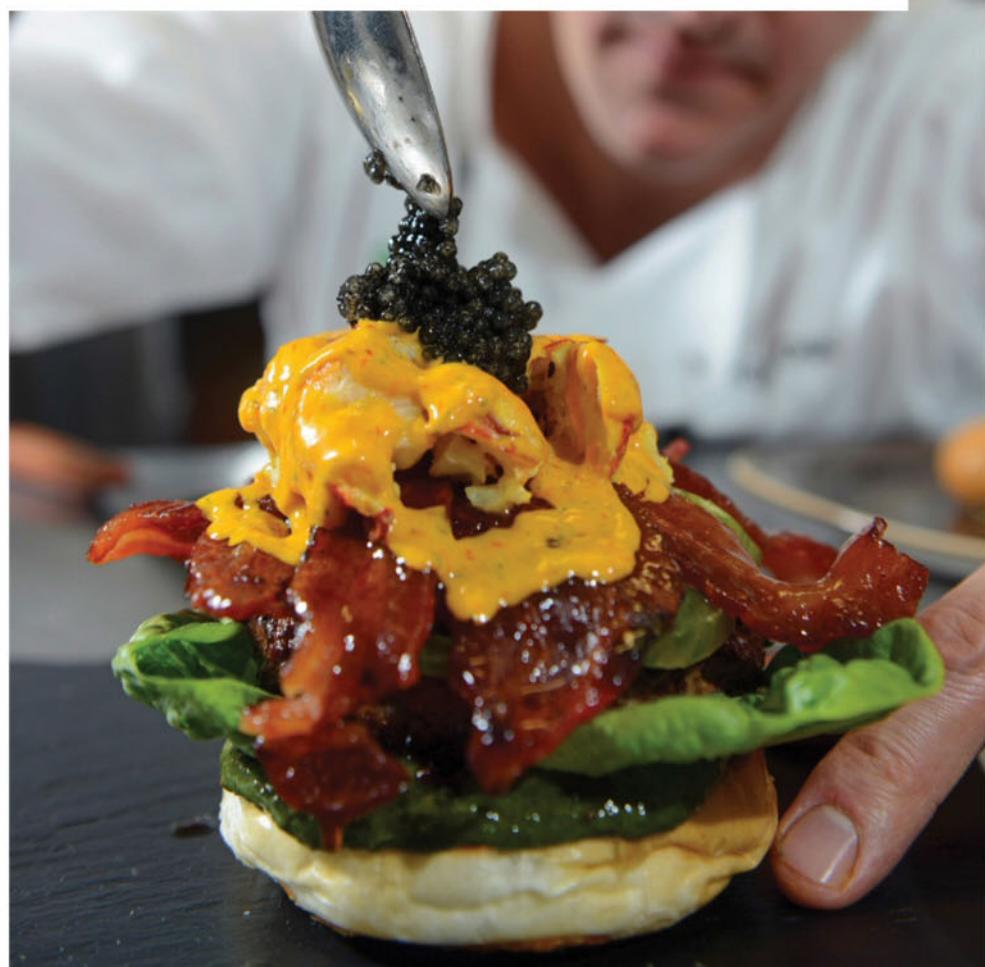
R22 500 (500 ml)

There's a pretty interesting story behind Nail Brewing's Antarctic Nail Ale, a beer with an iceberg from the Antarctic as one of its ingredients, with only 30 bottles brewed up in Australia. All of the profits go towards protecting the world's marine life, so you're drinking for a cause when guzzling one down.



**Burger**  
**R21 000**

Someone out there had to make the phrase "expensive taste" literal. Made by head chef Chris Large of London's Honky Tonk, the Kobe beef burger is the ultimate indulgence for the hung over mega-rich. Now, just what is it that would make foodies flushed with cash swallow R21 000? It's not your typical bros-backslaps-beer burger, with lobster, beluga caviar, venison, a duck egg, and an edible leaf you probably should get a doggy bag for.

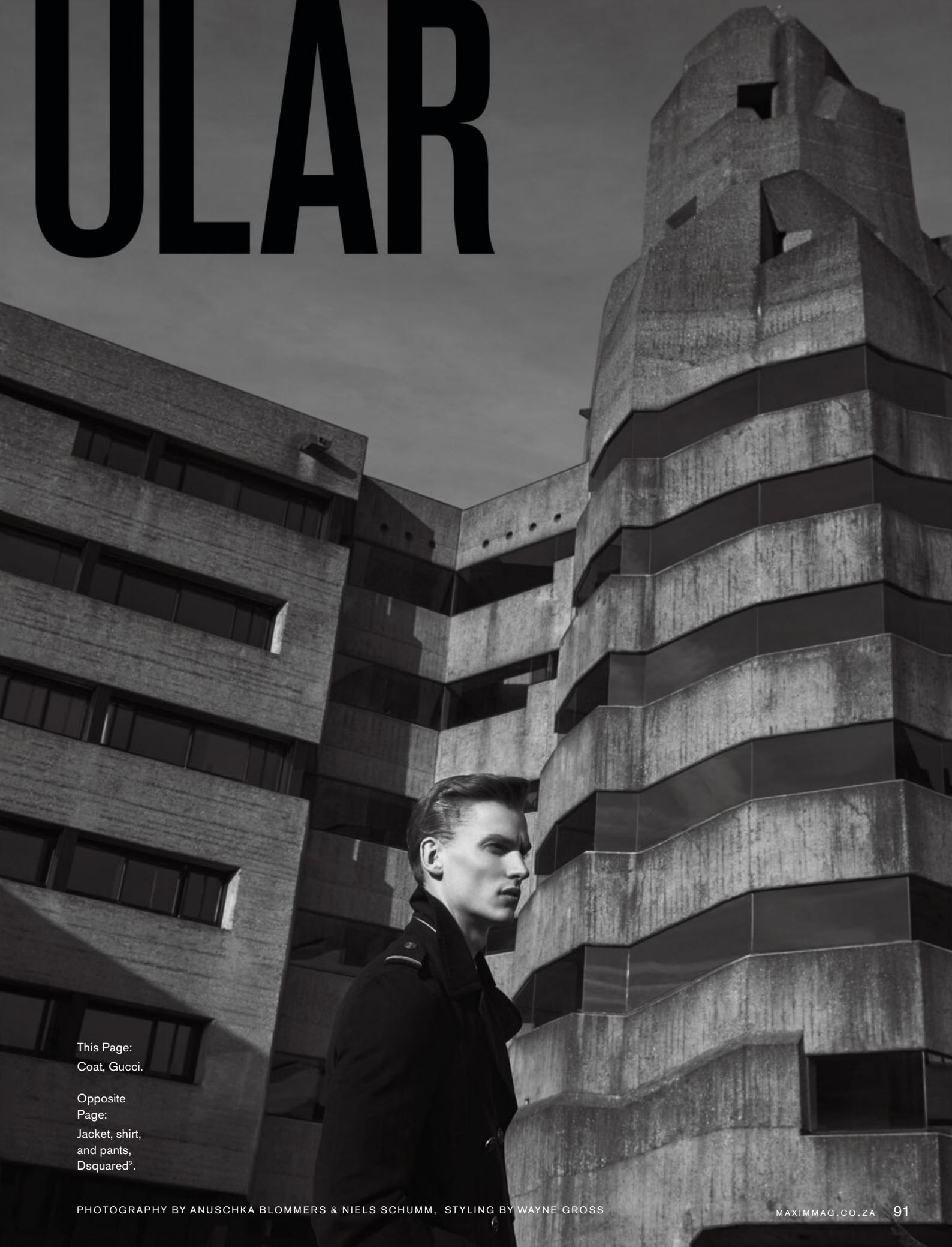


# NG

THE SEASON'S KEY LOOKS WERE BUILT TO REDEFINE STRONG, SHARPLY-STRUCTURED SILHOUETTES THAT ARE AS IMPOSING AS A BRUTALIST ARCHITECTURAL BACKDROP.



# ULAR



This Page:  
Coat, Gucci.

Opposite  
Page:  
Jacket, shirt,  
and pants,  
Dsquared<sup>2</sup>.





This Page:  
Coat, denim  
jacket, and pants,  
Burberry Prorsum.

Opposite Page:  
Jacket, T-shirt, and  
pants, Emporio  
Armani. Shoes,  
Dsquared<sup>2</sup>.





This Page:  
Jacket, tanks,  
and pants, Calvin  
Klein Collection.

Opposite Page:  
Shirt, vest, and  
pants, Ermene-  
gildo Zegna.  
Shoes,  
Dsquared<sup>2</sup>.

# BILLY EICHNER

**How do you want to go?**

Surrounded by throngs of young Jewish women asking me what Andy Cohen is really like.

**Will you be going to heaven or hell?**

I will be going to the Daytime Emmys.

**What's the first thing you'll ask God (if you see him)?**

Is *Parks and Recreation* going to be renewed?

**The devil?**

Have you seen me on *Parks and Recreation*?

**What *Billy on the Street* contestant has come closest to sending you to the afterlife?**

One time I asked an old lady about oral sex. She slapped me across the face very hard, and it stung. And on the new season, Lindsay Lohan and I do a special segment that made me start bleeding. You'll have to watch to find out why.

**While you were alive, what did you spend the most money on?**

Funerals.

**You've spent a lot of time on the streets of New York. If you had to spend your last day on one of them, which would it be?**  
They recently renamed West 53rd Street "Jerry Orbach Way," so I would have to say that one.

**Name one thing you're glad you'll never have to do again on Earth.**

Watch *The Curious Case of Benjamin Button*. Absolutely horrible movie.

**What's the wildest thing you ever did while alive?**

Every episode of *Billy on the Street* is completely insane. I honestly can't believe I haven't been killed yet or at least severely

injured after three seasons. So I would have to say filming *Billy on the Street*. And once, for a segment on *Conan*, I ambushed the New York Giants on the field at the Super Bowl seconds after they won and asked them if they saw the Madonna halftime show. Still can't believe they didn't kill me.

**If you could come back and spy on someone who's still alive, who would it be and why?**

Mark Ruffalo. I'd really love to see what makes him tick!

**What is your proudest accomplishment?**

Professionally, sticking with comedy and acting in the lean years before *Billy on the Street* came along. Also, *Parks and Rec*, my work with *Funny or Die*, etc. Personally, I'm not sure, but I'm doing pretty well on Tinder.

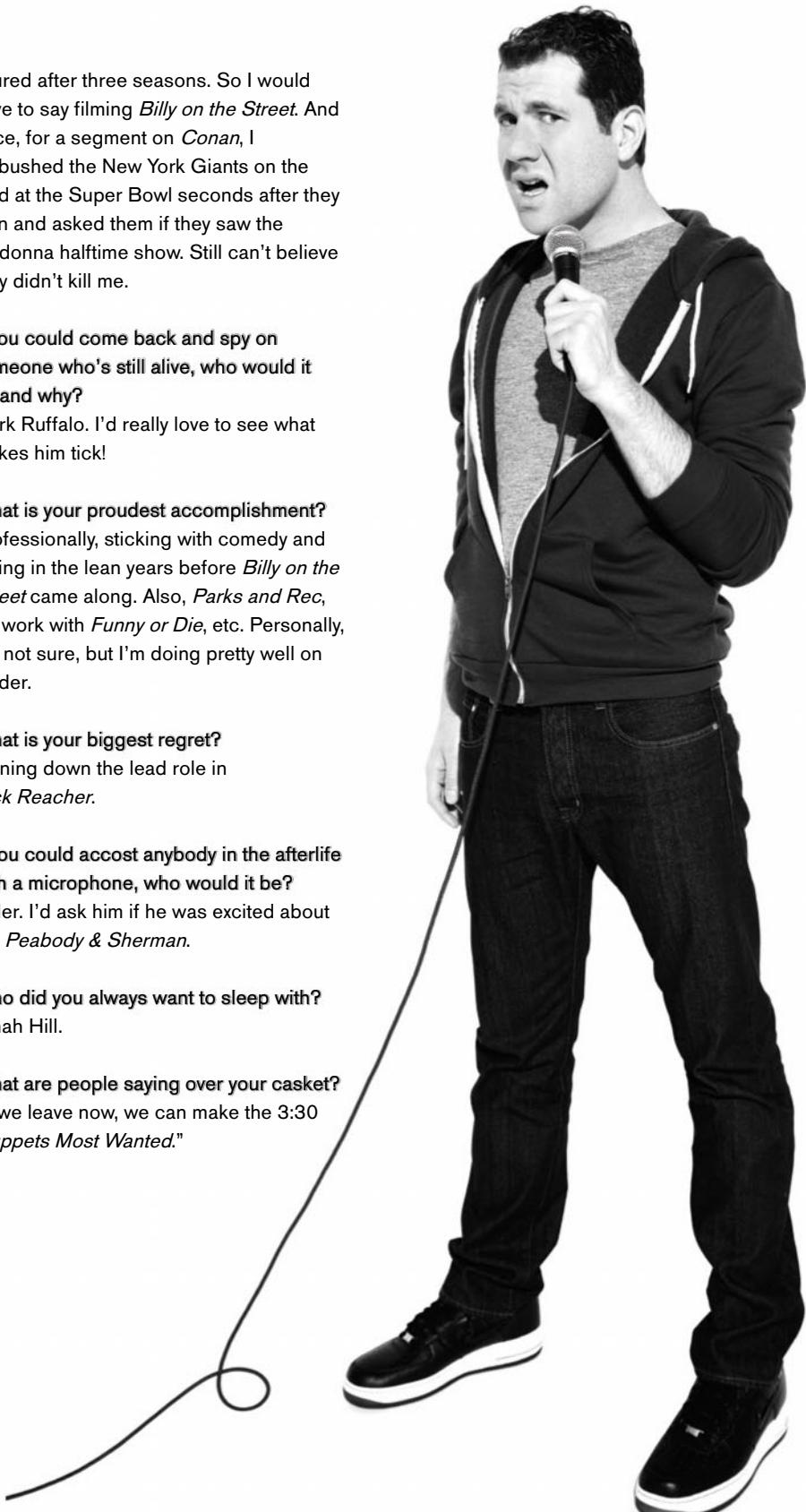
**What is your biggest regret?**

Turning down the lead role in *Jack Reacher*.

**If you could accost anybody in the afterlife with a microphone, who would it be?**  
Hitler. I'd ask him if he was excited about *Mr. Peabody & Sherman*.

**Who did you always want to sleep with?**  
Jonah Hill.

**What are people saying over your casket?**  
"If we leave now, we can make the 3:30 *Muppets Most Wanted*."





BE  
THE  
BOSS

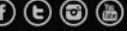
  
**BOMBERG**

BOLT-68  
SWISS MADE



THE BOLT-68 COLLECTION INCLUDES THE CHAIN AND MEDALLION FOR TURNING YOUR EXCLUSIVE TIMEPIECE INTO A DISRUPTIVE POCKET WATCH

DISTRIBUTED IN SOUTH AFRICA BY BESPOKE HOROLOGY  
EMAIL: [INFO@BESPOKEHOROLOGY.COM](mailto:INFO@BESPOKEHOROLOGY.COM)

[WWW.BOMBERG.CH](http://WWW.BOMBERG.CH) • FOLLOW US ON 

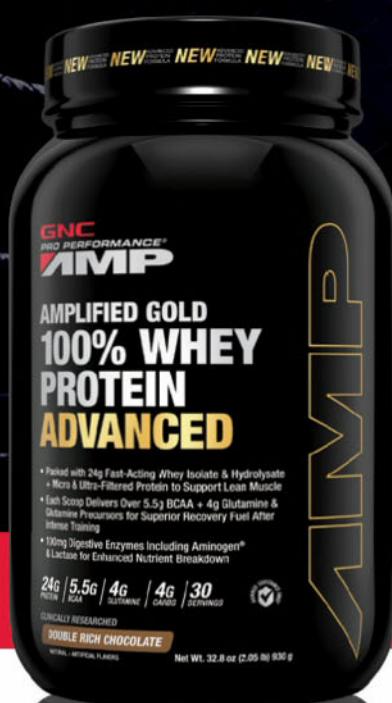
# AVERAGE STOPS WHEN IT HURTS

**INTRODUCING THE NEW GOLD STANDARD  
IN PROTEIN**

This ultra-filtered, clean formula is packed with fast-acting whey isolates and hydrolysates.

The amazing-tasting blend supports lean muscle, optimal amino absorption, superior recovery and enhanced nutrient breakdown.

Loaded with 5.5 g BCAAs, 4 g glutamine, key aminos, digestive enzymes aminogen and lactase, plus significantly less cholesterol, fat and sodium.



## BEAT AVERAGE

**GNC**  
PRO PERFORMANCE®  
**AMP**

**DRICUS DU PLESSIS**  
**MMA FIGHTER**  
**GNC BRAND AMBASSADOR**



Available at

**CLICKS**  
Available in selected stores

**GNC**  
LIVE WELL CONCEPT STORES

**t** @GNC\_SA

**f** LiveWellGNC **g** www.gnc.co.za